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Portland Tribune

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City's thin blue line is getting thinner

Despite Portland's population growth, police ranks shrink

By JIM REDDEN
The Tribune

The Portland Police Bureau has lost 190 positions since 2001, according to city personnel figures recently obtained by the Portland Tribune through a public records request.

Among those are 95 sworn positions, including rank-and-file patrol officers. These decreases have occurred while the population of the city has increased by nearly 74,000 people. The figures support complaints by Portland Police Association President Daryl Turner, who says officers are struggling to respond to a spike in gang violence and to increase traffic enforcement as required by the city's new Vision Zero accident-prevention policy. The union filed a grievance on July 16, charging that patrol shifts

have fallen below minimum safety levels, endangering both officers and city residents daily. "We're just one catastrophic event away from an officer or an innocent civilian being killed," says Turner, who worked as an officer before being elected to head the police union. Deanna Wesson-Mitchell, Mayor Charlie Hales' policy adviser on police issues, says she cannot legally comment on the specifics of the grievance. However, Wesson-Mitchell says Hales will determine the best future size and shape of the bu-

reau through the ongoing public engagement process that is part of the city's excessive force settlement with the U.S. Department of Justice. "We are discussing what exactly the community wants the police bureau to look like," Wesson-Mitchell says. In the meantime, Wesson-Mitchell admits the number of authorized Portland Police Bureau positions has gone down over the years. She says the bureau is gearing up to increase



Six more officers were recently assigned to the Gang Enforcement Team after a spike in shootings. TRIBUNE FILE PHOTO

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JADE DISTRICT GETS READY TO SHINE

Temporary space at 82nd and Division is community hub

By JENNIFER ANDERSON
The Tribune

In late June, dozens of residents gathered in Southeast Portland for Tell It Slant, a monthly reading series for writers to share stories about their experiences with gentrification and dual identity. Just as significant as the topic was the location of the event: A community space on Southeast 82nd Avenue and Division Street, the heart of what's known as the Jade District. "There's always some other space, but it wouldn't have the same impact," says Todd Struble, an attorney who serves as the Jade District manager at the Asian Pacific American Network of Oregon. In December, Jade District leaders and groups began us-



Bootcamp graduates link arms at their gathering last week.

ing the space — a long-vacant furniture store with the "furniture" sign in neon letters still out front — as their own site for events like taiko drumming, community forums and art-filled placemaking activities like the reading series. The space is affectionately known as "JAMS," an acronym for Jade APANO Multicultural Space. But as valuable as the space is, it's only temporary.

The Jade District moved in after Metro's Transit-Oriented Development Program — which invests in properties and developments near transit — purchased the half-acre site, including the 8,000 square-foot building that sits on it. "When we heard they were going to purchase it ... instead of fencing it off and leaving it

Ronell Manguino, middle, celebrates a win in a friendly competition during the APANO Ally of Social Justice Bootcamp graduation last week. TRIBUNE PHOTOS: JONATHAN HOUSE

A NEW VISION

Specifically, the Jade District vision report calls for:

- Road improvements such as adding wide sidewalks that connect to the existing network at the northeast corner of Southeast 82nd and Division, as well as stormwater planting strips, multilingual signage and street trees.
- East-west pedestrian connections across 82nd Avenue, at key sites including Southeast Harrison Street, PCC, Clinton and Tibbetts.
- North-south pedestrian and bicyclist connections to 87th Avenue from Powell to Division.
- A community center and co-located park with access to bus, bikes and car transportation, where programs could be integrated.

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Leading the charge on climate change

Renew Oregon puts money, staff behind effort to shift opinions

By STEVE LAW
The Tribune

Oregon environmentalists have quietly formed a new political arm to spearhead a game-changing campaign against global warming. The new group, Renew Oregon, has raised more than \$1 million and bulked up with 10 full-time organizers and other staff. "Basically, think of it as an organizing arm around climate for the environmental community," says Doug Moore, executive director of the Oregon League of Conservation Voters. "It's quite an undertaking." The Oregon League of Conservation Voters, Oregon Environmental Council, Climate Solutions and business supporters have worked for the past year and a half to raise money and create Renew Oregon, realizing the task was bigger than any one of them could accomplish on their own, Moore says. "We're aiming to be the leading voice for climate in Oregon," says Brad Reed, Renew Oregon's newly named communications director.

ON DEFENSE

While Renew Oregon tries to sow the seeds for future battles on climate change, it may face the need to play defense. Oil companies have tenaciously fought low-carbon fuel standards in California and Oregon, and may bankroll a referendum campaign to kill the measure at the polls. Doug Moore declined to say if Renew Oregon would take a leadership role in such a campaign if it's needed. "We're trying to decide what the best path forward is, whether it's the Legislature or at the ballot." Progressive businessman Nik Blosser helped organize the coalition, and recruited former gay rights organizer Thomas Wheatley to direct Renew Oregon. Blosser says he wanted a leader from outside the environmental movement who could bring fresh eyes to the issues. Climate change is a business issue for Oregon's wine industry, says Blosser, board chairman of his family's Sokol Blosser Winery. "We have bloom this year a full month earlier than usual," he says. No state has more environmentally minded voters than Oregon, Moore contends, yet that's not always reflected in

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Alex Blosser helps run the family-owned Sokol Blosser Winery in Dayton, Ore. In the winery business, climate change is an economic issue, not just an environmental issue.

Portland Tribune Inside

PEAK OF HER POWER — SEE LIFE, PAGE B10

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Police: Hiring process usually takes two years

From page 1

hiring by adding 11 more employees to conduct background examinations on applicants in the near future.

Wesson-Mitchell says the hirings are not part of a plan to significantly increase the number of patrol officers, however. They are intended to help replace the 50 or so officers expected to retire this year.

"Background examinations are very time-consuming and we want to eliminate that potential bottleneck," Wesson-Mitchell says.

Budget vs. reality

The newly released information shows the number of authorized positions in the Portland Police Bureau has dropped from 1,361 in the 2001 fiscal year to 1,171 in the fiscal year that ended on June 30.

The number of sworn officers fell from 1,039 to 944 — a loss of 95 positions in 13 years. Sworn officers includes the police chief and other commanders who do not conduct regular patrols.

However, the bureau never fills all the budgeted positions. The number of live bodies has always lagged behind the number of authorized positions.

The Portland Tribune was only able to obtain information on filled positions from the 2005 fiscal year forward. Those figures show the number of filled positions in the bureau fell from 1,250 in 2005 to 1,127 in the 2014 fiscal year.

The number of actual sworn officers was even smaller. The bureau had just 994 of them in 2005 and only 915 of them on June 17 of this year.

The bureau currently has 39 sworn officer vacancies. Wesson-Mitchell

says Hales is committed to preventing that number from growing even larger. That is the main reason for hiring the 11 new employees to conduct background checks.

But Turner says simply preventing vacancies from increasing isn't good enough. He notes that Portland's population has been growing while the number of authorized and filled positions has been shrinking. The city grew from 531,600 residents in 2001 to 601,510 residents in 2014, the most recent year for which U.S. Census figures are available.

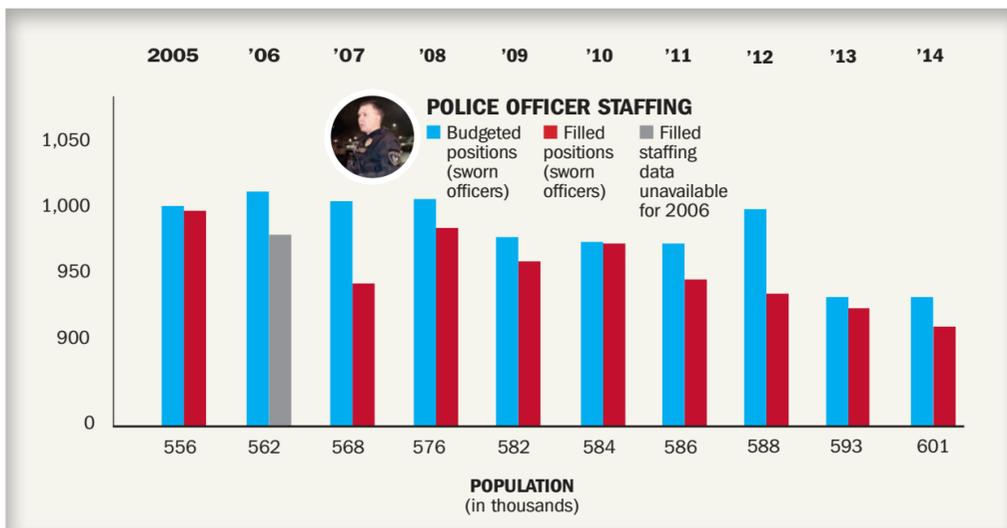
Turner testified on Hales' proposed budget on April 8, shortly after bureau commanders transferred six officers to the Gang Enforcement Team because of an increase in gang-related violence. At that time, Turner said the bureau needed 700 more officers just to reach the national average of 2.7 per 1000 residents.

Instead, the council only approved adding five more officers, in addition to 12 nonsworn positions. A short time later, the council adopted the Vision Zero policy that calls for eliminating all fatal and serious injury traffic accidents. One provision is increased traffic rule enforcement.

Today, Turner says the council should commit to hiring 300 additional officers by 2020, increasing the filled sworn positions to more than 1,200.

Community input

Wesson-Mitchell says Hales is not yet prepared to commit to a specific future figure for sworn officers. She says that is something that will be shaped by the public involvement requirements of the city's settlement with the U.S. Department of Justice over excessive force allegations



Officer stabbed, suspect shot in Sunday altercation

By JIM REDDEN
The Tribune

A Portland police officer narrowly escaped being killed by a knife-wielding suspect early Sunday.

Officer Jose Jimenez was stabbed through the hand as he defended his heart. Officer Scott Konczal then shot the suspect in the arm before he could stab Jimenez again.

David James Ellis remains under police guard in a Portland hospital and will be charged with attempted

aggravated murder when he is released into custody.

Jimenez was treated at a hospital for his injury and released.

The incident began at 1:41 a.m. on July 5 when Konczal and Jimenez encountered Ellis near Northeast 110th Avenue and Sandy Boulevard. Jimenez was approaching Ellis when Ellis suddenly pulled out a knife, knocked Jimenez down, and tried to stab him in the heart. Konczal shot Ellis when he raised his arm to stab Jimenez again.

and the council on community relations and police accountability issues.

According to Wesson-Mitchell, even if Hales and the council want to substantially increase the number of officers patrolling Portland streets, the hiring process takes approximately two years, including the time applicants must spend at the Oregon Public Safety Academy to become certified.

Turner says the city could reduce that time by rehiring retired Portland officers. According to Turner, retired Portland officers frequently go to work for other cities.

"That would reduce the hiring time a lot, and the returning officers would already know the city," Turner says.

Wesson-Mitchell says Turner's suggestion is worth considering, although it is currently complicated by voter-approved changes in who provides disability and retirement benefits to older and newer Portland officers. She is researching whether the council would need to pass an ordinance to eliminate the obstacle.

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Jade: Pedestrian-, business-friendly area envisioned

From page 1

vacant while they put out plans to redevelop it, which would take a year and a half or two years, we asked if we could use it," Struble says. "They were on board with our organization."

So for the time being, until they find another suitable space, "We're trying to make it as visible as possible — to show the need for it," Struble says. "We've already had so many requests for people to use it."

The Jade District is a grassroots effort that started in 2011, as the Portland Development Commission designated it as a Neighborhood Prosperity Initiative.

APANO took over a contract to support the district in 2013.

Last July, the Jade District's steering committee produced a vision report for their



TRIBUNE PHOTO: JONATHAN HOUSE

The vacant furniture store at Southeast 82nd Avenue and Division Street sits at the heart of the Jade District, and is now being used as a temporary community center.

12-block area.

It includes feedback garnered from six community workshops between April and June 2014; artist renderings of envisioned streetscapes; and specific ideas

for transportation and park improvements to make a more pedestrian-safe and business-friendly environment.

The .91-square-mile area includes 432 businesses including

the Fubonn Shopping Center, an indoor shopping mall of Asian-Pacific Islander businesses. Nearly half of the district's residents are people of color.

At this point, Struble says, the Oregon Department of Transportation has installed pedestrian islands by the PCC campus on 82nd Avenue, which is designated as one of the city's top 10 High Crash Corridors.

"We're pleased to see that," Struble says. "We think it's part of the solution, but not the end of it."

International Night Market

One of the biggest efforts the Jade District has undertaken is their Night Market.

Last year, 20,000 people came to the Jade District International Night Market's four inaugural events, in August and September.

Back for a second year, or-

ganizers decided to combine it into two Saturday events — Aug. 15 and Aug. 22 — but in a larger space than the Fubonn Shopping Center parking lot.

"It was really cramped last year, especially with parking," Struble says. "We want to make sure there's enough space for comfort, but still maintain the feel of a night market."

This year's location will be the Portland Community College Southeast Portland Campus at 2335 S.E. 82nd Ave, blocking Division off between Southeast 80th and 82nd avenues with room for twice as many vendors and attendees.

They're now accepting applications for vendors, with room for about 80.

In addition to food and retail vendors, plans are underway for a beer garden, mini farmers market, live entertainment, kids activities and more. "We're trying to emphasize

GET INVOLVED

Jade District leaders will hold their bi-annual "Polish the Jade" cleanup event on July 25.

The last event, in March, involved fixing the ping pong table at Harrison Park SUN School, building and installing new garden beds, picking up trash and removing graffiti from the site.

To sign up for the July 25 cleanup, visit: jadedistrict.org

the international characteristics of our neighborhood," Struble says. "We have multi-ethnic, multicultural food and retail vendors from around the world."

While the Night Market creates an authentic experience found nowhere else in Portland, "the message is also that these restaurants, these businesses are out here year-round," Struble says.

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State supports claims made by Bigham; MESD denies bias

Former teacher vows to plan recall election of three board members

By SHASTA KEARNS MOORE
The Tribune

A state investigation into the claims of discrimination and retaliation from Oregon's 2014 Teacher of the Year found "substantial evidence of unlawful employment practices" at Multnomah Education Service District.

The Bureau of Labor and Industries' dismissal summary and interviews became public record after former special-education teacher Brett Bigham settled with the education agency June 26 for \$140,000. BOLI released them Wednesday evening.

"I've been telling the truth the whole time," Bigham said, who announced an intention last Wednesday to organize recall elections of three MESD board members.

In a three-page memo, BOLI investigator Andrea Damewood said that if the case had gone forward, she would have recom-

mended a determination that MESD did discriminate and retaliate based on Bigham's sexual orientation, whistleblowing and opposition to unlawful employment practices.

"While the initial discrimination against complainant's protected status as a gay male did not rise to the level of unlawful harassment, evidence exists that some discrimination did occur," Damewood wrote. "However, complainant's working environment and terms and conditions of employment deteriorated dramatically after he protested this unlawful discrimination. ..."

Bigham's initial complaint stemmed from comments his supervisor at the time, Jeanne Zuniga, made allegedly discouraging him from mentioning his homosexuality after a January 2014 speech in The Dalles. Former district spokesman Mark Skolnik told BOLI investigators that Zuniga also had brought this issue up with him.

"I thought it was an overreaction. I thought Jeanne was treating him like he was stupid," Skolnik said. "Like somehow he was going to bring incredible

embarrassment because he would mention in his speeches, in passing, being gay."

Bigham said he attempted to resign after he felt discriminated against, but was convinced to stay on by current Superintendent Jim Rose. Bigham agreed, but said that by the time he returned for the beginning of the 2014-15 school year, his classroom had been moved, he was asked to bring administrators coffee, and he was restricted from sending home notes on his medically fragile students.

Educational Assistant Peggy Looney, who nominated Bigham for the Teacher of the Year honor, said she has seen other retaliation during her 25 years at the district and worried for Bigham. "They started right after he was awarded, it seemed like it started, little nitpicking things — why did he get picked," Looney told investigators. "I believe he's being treated differently. A lot of teachers get behind in their paperwork and they don't get written up. He gets written up."



BIGHAM

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Dueling statements

Despite deal, Bigham still claims he was a victim of MESD bias

By SHASTA KEARNS MOORE
The Tribune

Statements released by the 2014 Oregon Teacher of the Year and the Multnomah Education Service district following a \$140,000 settlement agreement signed June 26 show the hatchet hasn't yet been buried.

The settlement agreement did not have a standard nondisparagement clause, which means Brett Bigham and his attorney are free to continue talking about the case. However, the terms of the agreement stipulate that Bigham would drop all formal complaints, such as those at the Bureau of Labor and Industries and the Teacher Standards and Practices Commission.

In a statement released by Bigham's attorney Matthew Ellis, the two paint a picture of a lawful and vindictive district.

"As for MESD's statements that they did nothing unlawful and have nothing for which to apologize, we can think of 140,000 reasons why they are wrong," reads the statement. "Had his BOLI complaints and lawsuit proceeded, he would have prevailed. Moving forward, we implore the MESD Board to engage in serious self-reflection to ensure that this sort of activity doesn't take place again."

Following the Friday announcement of a

settlement agreement, the district released a copy of the agreement to eight news outlets, including the Portland Tribune. The copy included tax forms with Bigham's Social Security number. Bigham says this was part of the district's "smear campaign."

District spokeswoman Laura Conroy declined comment other than this: "I think our only response is going to be that the settlement agreement provides Mr. Bigham with the professional and personal means to transfer to his next role, wherever that may be, and we wish him the best in his future endeavors."

Bigham says that he intends to organize recall votes against the three incumbent board members: newly elected Chair Nels Johnson, and Directors Bernie Giusto and Frank Acosta. Three new board members took their seats July 1 and a fourth, Erica Thatcher, announced her resignation June 17 citing a recent engagement. The board will appoint someone to the remaining two years of Thatcher's term.

Read more

Read the full statements online at: portlandtribune.com

With the copy of the settlement agreement with Bigham, the MESD board also released a statement affirming the district's commitment to equality and explaining the district's side of the story: that Bigham "responded ... with rebuffs, additional accusations and attacks" each time the district attempted to resolve its concern that he continued to take time away from the classroom for Teacher of the Year duties at the start of the 2014-15 school year.

"We abhor discrimination as antithetical to our values of diversity and creating a welcoming and inclusive working and learning environment," read the statement, adding: "Our mission, however, is not to win lawsuits. Rather, it is to serve students."

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Climate: Group enlists broad base of support

From page 1

the Legislature. One example that is fresh on the minds of environmentalists: the low-carbon fuels bill requiring a 10 percent reduction in carbon emissions from motor vehicle fuel over the next decade. Environmentalists' top priority in the 2015 legislative session, the bill nearly was derailed when oil companies and Republicans convinced Democratic leaders to jettison it after it was signed into law, as a tradeoff to secure a transportation funding package.

That bill is a relatively small step compared to what's truly needed to prevent significant

global warming. Most experts say that real change requires levying a fee or tax on carbon emissions, such as a British Columbia-style carbon tax or a market-based cap-and-trade system such as deployed in Europe, California and the Northeastern states.

Such major changes would require ballot measures in Oregon, said James Moore, a political scientist at Pacific University. That's because tax measures require supermajorities to pass in the Legislature, and anti-tax groups often gather signatures to force a public vote on them if they are passed by lawmakers.

Renew Oregon founders realize they need to shift public

FIND OUT MORE

Renew Oregon is offering Climate Activist Leadership Training on Saturday, July 18, led by Ashley Pinedo, national training director for Organizing for Action, a group affiliated with President Barack Obama. ■ **WEB:** reneworegon.org ■ **FACEBOOK:** facebook.com/

Climate talk

Renowned scientist Dr. Katharine Heyhoe speaks at "Climate Change: Fact & Faith," page 4.

opinion, so they're hiring field organizers to do public education and other work around the state. That strategy is similar to what Basic Rights Ore-

gon did to help shift public opinion here on gay marriage. Wheatley is that group's former organizing director and recently left the national group Freedom to Marry, which is disbanding after the U.S. Supreme Court decision legalizing gay marriage across the land.

"This is going to be a long-term effort," says Andrea Durbin, executive director of Oregon Environmental Council.

"We want to see Oregon lead on climate change," Durbin says. However, "the strategy's still being developed."

Perception and reality

Despite Oregonians' green image, environmental issues

still don't register among their top concerns, James Moore says. "I think there's a real opportunity here, but education is the key," he says. "If this group can get the high-tech community to buy into this, the Intels of the world, there might be something to it."

Blosser is a founding director of the Oregon Business Association, which includes such companies.

"If we're going to seriously address this issue, we're up against some of the deepest pockets in the planet," Blosser says, referring to the oil industry.

"We're on the right side of history," he says. "We just need to find the policy that's

going to do the most good and the least harm."

Organizers hope to enlist broad support from the faith community, business sector and others, and are in talks with Catholic leaders in light of the pope's recent initiative to avert climate change, Durbin says.

Renew Oregon had a "soft launch" in late March when it began its digital media campaign, Reed says. Its Facebook page already has logged more than 16,000 "likes."

The group expects to make a more formal public launch soon.

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Climate: Less talk, more action urged

Katharine Hayhoe says public is misinformed, scientists agree on warming

By JANICE PIERCE
For The Tribune

What makes 200 people a day send hate mail to climate scientist Katharine Hayhoe?

Named one of the most influential people in the world by Time magazine in 2014, Hayhoe is an atmospheric scientist studying what is arguably the most pressing issue facing the planet: climate change.

She is an expert reviewer for the Nobel Peace Prize-winning Intergovernmental Panel on Climate Change. In addition, she identifies as an evangelical Christian and is married to a pastor.

Speaking to a crowd of 1,600 people in Portland on June 24, as part of the 2015 World Affairs Council International Speaker Series "Climate Change: Fact & Faith," climate scientist and educator Katharine Hayhoe, joked her way through what could be the most important issue of our time.

Easy enough for a kindergartener to understand, hope is intertwined in her message: Do something about climate change — don't debate it.

Then why the hate mail? Hayhoe points to a chart about the polarization of politics that has taken place in the United States over the past two decades, and the fact that trusted information channels have not provided accurate information about the problem and the solutions.

She takes the media to task for putting

See HAYHOE / Page 6



Identifying herself as an evangelical Christian and atmospheric scientist, Dr. Katharine Hayhoe spoke to a crowd of 1,600 in Portland on Wednesday June 24, saying "it is morally wrong to perpetuate the myth that we are 50/50 on climate science." Climate change is real and caused by our human activity, said Hayhoe, and must be acted upon immediately as 2015 is set to be the hottest year on record. TRIBUNE PHOTO: JANICE PIERCE

Bigham: New board sworn in

From page 3

Skolnik even said he decided to retire Dec. 31 in part because of how unjustly he felt the district was treating Bigham.

"I don't know it was discrimination, but I can say unequivocally it was handled extremely poorly by MESD administration," Skolnik told investigators. "Perhaps Brett was oversensitive, misinterpreted things. But it doesn't excuse the administration from working things out, making this year work great."

Former Superintendent Barbara Jorgensen — who recently signed her own \$166,612 separation agreement with the district — stated in her interview that she wasn't aware of the issues with Bigham until last September. Jorgensen told investigators that after about seven years of a good relationship, Bigham was suddenly argumentative and moody with her.

"Witness stated there is a pattern of Brett being angry with people," reads the interview transcript. "Witness stated around November/December things fell apart and she took on responsibility for what events Brett would go to. Witness stated Brett wanted to travel a lot."

The interview with Jorgensen and her attorney broke down, however, as the notes eventually say the two got up from the table "apparently done with interview."

Union representative Alan Moore pointed the finger largely at Human Resources Director Heyke Nickerson, whom he called "toxic."

"I've advised Brett to leave," Moore told BOLI. "I usually advise people to stay and fight for fairness, but I don't see this stopping. It's the opposite advice of what I give people. I don't have a better answer for Brett. I wish I did."

Reaction from MESD

While the report was released, the MESD board was celebrating the swearing in of three new board members elected May 19. Former Vice Chair Nels Johnson was elected among the board to be chair and new member Stephen Marc Beaudoin was elected vice chair.

Johnson, who is a lobbyist by profession, sent a brief statement regarding the BOLI report: "There is no place for discrimination at MESD of any kind. We are committed to creating a safe, inclusive and supporting environment that values equity and diversity for all students and staff to work and thrive in."

Beaudoin, who is the executive director of a nonprofit arts

group, has taken the lead on diversity and equity issues on the board and says the district is headed for a new chapter.

"I truly believe the worst is behind us," Beaudoin said. "In my heart of hearts I know this is an agency committed to diversity, equity, and inclusion, and committed to student success. We have a lot of work ahead of us."

Beaudoin says he intends to do a lot of listening to former and current staff and leading tough conversations.

Former Chairman Bernie Giusto, who represents East Multnomah County on the board for two more years, says the BOLI report was incomplete and therefore unreliable.

"Just because BOLI writes it doesn't make it true and doesn't make it complete," Giusto said. When asked what he thought of Bigham's threat to recall him, he said: "God love him. If that's what he feels he needs to do, come on out to Gresham."

The former Multnomah County Sheriff added jokingly of the volunteer position that requires about 100 hours a month: "I'd sure miss the pay."

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"I don't know it was discrimination, but I can say unequivocally it was handled extremely poorly by MESD administration."

— former MESD spokesman Mark Skolnik

Hales reassigns roles for two commissioners

Fritz to oversee ONI; Saltzman to head BDS, Housing

By JIM REDDEN
The Tribune

Mayor Charlie Hales unexpectedly reassigned two politically sensitive bureaus last Wednesday.

In one move, Hales transferred the Bureau of Development Services from Commissioner Amanda Fritz to Commissioner Dan Saltzman. Fritz has been criticized by neighborhood activists for not doing to more to restrict the demolition and replacement of existing housing in established neighborhoods, a process regulated by the bureau.

At the same time, Hales transferred the Office of Neighborhood Involvement, which he was overseeing, to Fritz. Despite the criticism, Fritz is still seen by many as a strong neighborhood advocate. No one has yet announced they will run against her next year.

Neighborhood activists praised the shifts, with Eastmoreland Neighborhood Association Chairman Robert McCullough noting Portland is unusual because the mayor

and council members oversee individual bureaus.

"I think this is a good development. The weak mayor system is manifestly impractical for the management of a major city. Since we can't adopt a better model overnight, we can align the commissioners' assignments to their philosophy," McCullough said. "Simply put, I applaud Charlie Hales for choosing the round peg for the round hole and the square peg for the square hole."

United Neighborhoods for Reform made a similar comment.

"United Neighborhoods for Reform looks forward to continuing close work with Commissioner Fritz and the Office of Neighborhood Involvement, and Commissioner Saltzman and the Bureau of Development Services, to shape a Portland where the partnership of citizens and city bu-



FRITZ



SALTZMAN

reaus results in the protection of affordable, viable houses in our neighborhoods," the grassroots organization said.

The changes go into effect July 15.

Although Fritz reportedly was surprised by the reassignments, Hales has been taking the lead on some BDS-related issues in recent months. He oversees the Bureau of Planning and Sustainability, which is undertaking two initiatives related to residential demolitions at his direction. One is to encourage developers to deconstruct houses targeted for demolition by hand, a process called deconstruction. The other is a study that is just beginning to explore ways to ensure that replacement houses are more compatible with their neighborhoods. Activists have been complaining that replacement houses are usually much larger and more expensive than the ones they replace.

Hales did not bring up such issues when he announced the reassignments. In a prepared statement, he said the bureaus are better aligned by putting Fritz in charge of ONI and Portland Parks & Recreation, and putting Saltzman in charge of BDS and the Portland Housing Bureau.

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The Portland Tribune welcomes essays on topics of public interest. Submissions should be no longer than 600 words and may be edited. Letters should be no longer than 250 words. Both submissions should include your name, home address and telephone number for verification purposes. Please send submissions via e-mail: tribletters@portlandtribune.com. You may fax them to 503-546-0727 or send them to "Letters to the Editor," Portland Tribune, 6605 S.E. Lake Road, Portland, OR 97222.

Oregon needs to get a better attitude

The Federal Aviation Administration reports that not all airline accidents are caused by bad weather. Some pilots, in a crisis, succumb to "hazardous attitudes," making a bad situation worse. By teaching pilots to overcome these attitudes, flying becomes safer. And so it is with health care. Oregonian voters have our own "hazardous attitudes" that worsen the impending health care crisis. Overcoming these attitudes means health care becomes less expensive, more accessible, and, like aviation, safer. But before correcting these attitudes, we must identify them.

The FAA's hazardous attitudes are simple: Antiauthority, impulsivity, invulnerability, "machoness," and resignation. Voter attitudes toward health care are far more complex.

■ First hazardous attitude:

MYVIEW

By Samuel Metz

"Other people should only get the health care they can pay for." This is certainly true today. And without action, it will be true indefinitely. Other industrialized nations, all of which provide better care to more people for less money, adopt a different attitude: Everyone needs health care, so let's find the best method to achieve it.

■ Second attitude: "Restricting access to health care reduces costs." Gov. Nathan Deal of Georgia advocates closing emergency rooms to people who can't pay, thus saving money for taxpayers.



METZ

This radical proposition certainly benefits wealthy taxpayers without emergent needs. But for the rest of us, helping wealthy taxpayers by denying emergency care to our families could mean dying on the doorsteps of an emergency room.

■ Third: "Taxes are bad." Who would disagree? Lower taxes liberate money for other things. Unfortunately, lower taxes sometimes increase the costs of other things, and dramatically so with health care. The amount currently paid by Oregonians for insurance policies and out-of-pocket medical expenses exceeds the additional taxes needed to fund a universal care plan. If Oregon implements universal care, higher taxes reduce costs.

■ Fourth: "Smart consumers

make good choices." When buying a used car, a flat screen television, or a new house, informed consumers make better choices. Unhappily, this is not true in health care. Most private buyers on insurance exchanges fail to pick the best policy. Almost all seniors picking Medicare drug plans select a bad one. These people are not stupid — health care is simply much more complex than retail shopping.

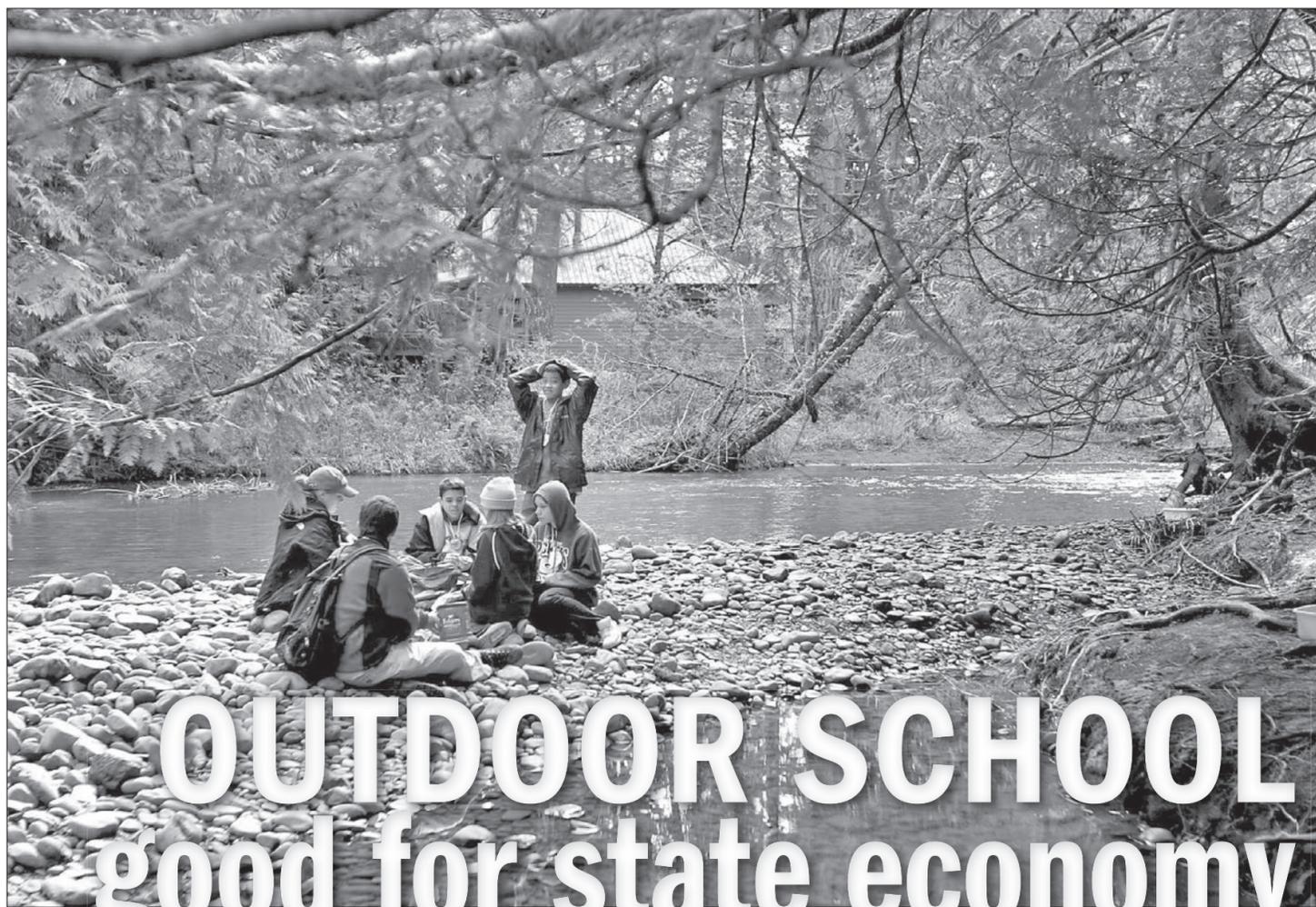
■ Last attitude: "We should tend to our own families and let others fend for themselves." That may have been appropriate for the frontiers of 19th century Oregon. But in 21st century Oregon, community efforts generate extraordinary results unobtainable by families working alone. Successful health care systems around the world all depend upon entire nations working in unison, not upon rugged indi-

viduals stalking affordable health care alone in the wilderness.

■ One final point: Costs do not stand between Oregon and a better health care system. Every other industrialized country spends less than we do, yet they provide better care to more people. What enables these countries to succeed where we fail is abandoning the attitudes that currently paralyze us.

A pilot's hazardous attitudes can produce catastrophic results. Our own hazardous attitudes can prevent us from getting the health care reform we need.

Samuel Metz is an anesthesiologist who lives and works in Portland. He has written about health care reform and community health issues for the Tribune and other publications. Contact him at RTT@samuel-metz.com.



OUTDOOR SCHOOL good for state economy

For nearly 60 years, Outdoor School has provided high-quality, place-based science education to generations of Oregon students. Launched in 1957 in southern Oregon, Outdoor School is a tradition that has enriched and inspired more than 1 million Oregonians.

Those living in rural Oregon understand the important connection between our economy and our natural world. At Outdoor School, kids learn about and how to connect with the place they live, as well as gain understanding of the importance of Oregon's natural resources through hands-on, science-based field studies.

MYVIEW

By Gary Thompson and Susan Brown

Oregon's natural resources are the foundation of our state's economy and the fabric of life in the Pacific Northwest. Whether you live in Sherman or Curry counties or elsewhere, rural Oregonians thrive on our natural resource economy. Outdoor School is one of the best ways we have to teach our kids about the interconnections between the natural world and our relationship to it.

What we haven't heard much about is the impact Outdoor School has on Oregon's economy as a whole. A recent study released by the Gray Family Foundation shows that Outdoor School programs give rural communities a strong economic boost.

In fact, the study shows if \$22 million was budgeted to send every sixth-grade student in Oregon to Outdoor School, it would create the equivalent of 1,000 full-time jobs and \$28 million of income in Oregon annually — primarily in rural areas where camps are located and unemployment is highest.

Despite the clear economic benefit and enormous success-

es of Oregon's Outdoor School programs over the years, budget cuts and unstable funding have created a situation where about half of Oregon students don't get to benefit from the invaluable experience of Outdoor School, especially students who live in rural Oregon.

Senate Bill 439, now before the Oregon Legislature, would establish a State Outdoor Education Fund so that all students across Oregon could go to Outdoor School. This bill sets outcomes for Outdoor School programs, designates the Oregon State University Extension Service to oversee the program, and would support the alignment of state education stan-

dards with Outdoor School curriculum.

The Outdoor Education Fund would ensure that, when dedicated, all Outdoor School funding would go to high-quality, science-based Outdoor School programs.

Please join us and contact your local state representatives urging them to join Oregon and pass the Outdoor School Bill, SB 439.

For more information: www.outdoorschoolforall.org

Sherman County Judge Gary Thompson is president of Association of Oregon Counties; Susan Brown is the chair of the Curry County Board of Commissioners.

READERS' LETTERS

Council needs to tackle homeless issue

Thank you Ty Barker of the Portland Business Alliance for writing "Portland is better than this" (Business Tribune, June 23). You are 100 percent right. I think that Portland should be better this.

As you mention, there are indeed more and more beautiful outdoor spaces in this lovely city that my husband and I now avoid. Why? Because we feel unsafe with all of the criminal vagrants and street drifters setting up camps in once-prized green spaces and public squares.

The waterfront area is a perfect example of this. Recently, our neighborhood North Park Blocks have become more subjected to this issue, making many of our building residents extremely nervous to walk in the area.

I fully understand that a lot of people on the streets need help. However, the mayor and the City Council have created this massive problem in the

city, and their policies do not seem to be helping the ones who need it the most.

There is, however, the subsection of homeless people who are criminals who have chosen to move to Portland. Why? Well, our state has two laws that make it very attractive to these people. The first, we are one of the only states that does not allow bounty hunters.

The second, we are one of the only states that does not require people to carry identification with them. If you were a criminal fleeing from another state, where would you move? If you knew you would be welcomed with open arms and plentiful social services, where would you move?

I blame the City Council for this issue. It's about time they start to care about the taxpayers in the city, or else they will continue to move to the suburbs.

Charlotte Williams
Northwest Portland

Trade measures' failure disappointing

It was unfortunate to learn that Congress failed to pass key trade measures along with Trade Promotion Authority. This was a sharp blow for the thousands of jobs in Oregon that are supported by the trade sector. This inability was a clear and direct result of what happens when an inaccurate narrative takes hold of a dialogue.

Despite this disappointment, the silver lining was that our congressional delegation showed strength in its commitment to supporting TPA. We particularly want to thank congressional representatives Suzanne Bonamici, Earl Blumenauer and Kurt Schrader for standing up on behalf of Oregonians and our booming trade industry.

Trade Promotion Authority will be tremendously beneficial for this country and will set reasonable and necessary

guidelines for trade negotiation. We cannot expect to grow our economy if we cannot share our goods beyond our borders. This fight must continue until TPA has passed successfully.

Jeff Urbach
Sherwood

Why not lead on clean energy?

Should we be satisfied being the third-leading state for clean energy? I think not.

Why not be the leading clean energy state? No matter how many hybrid cars we have on the roads or how green our buildings are, without heavily shifting to cleaner energy sources like wind and solar, Oregon will continue to contribute to climate change in a big way.

I can't help but think I would feel a little disingenuous if I claimed to live sustain-

ably while driving a hybrid car that burns fossil fuels. In the same vein, Oregon should refrain from celebrating its position as a "leader" in clean energy while still relying on dirty energy sources with abandon.

Oregon, a state that still gets more than one-third of its power from coal, is not likely to overtake a state like California until we replace this dirty energy with a cleaner source.

Yes, California is in a clean energy league of its own, but we can come close if we prioritize this shift. Our state's leaders should push for policies that incentivize solar in order to make a meaningful change in combating climate change. This also would get Oregon a higher, more genuine ranking on this and other clean technology rating scales.

Elizabeth Medford
Southwest Portland

New school board member quits city job

Mike Rosen resigns from BES amid job-related issues

By SHASTA KEARNS MOORE
The Tribune

On the eve of his swearing in as one of four new Portland Public Schools board members, Mike Rosen has resigned his position at the City of Portland.

Rosen was Watershed Division Manager for nearly 12 years but says he and the city had reached an impasse that he was not willing to litigate.

"I worked diligently and in a variety of ways with management and human resources to address these issues, and requested reasonable accommodations for health-related issues to assist in building a reasonable workplace environment," Rosen wrote in a resignation letter dated July 1. "Unfortunately, the City did not take meaningful action toward providing reasonable accommodations and the environment became irreparably difficult and intolerable. These actions by City management and human resources leave me with no reasonable option but



Portland School board member-elect Mike Rosen resigned July 1.

to leave the Bureau and begin focusing on the next step in my career."

Rosen references a nonspecific "known disability" in his letter and a lack of city confidence in his competence. Commissioner Nick Fish, who is in charge of the Bureau of Environmental Services, declined comment through a spokesperson.

Rosen has been "on leave" from his job at BES since May 7. A city attorney said in late May that the leave was sick leave and not administrative, which would indicate a disciplinary action.

Rosen, who ran unopposed for Zone 7 and won 97.5 percent

of the vote, is expected to be sworn in with other new members of the board during a July 6 ceremony at district headquarters at 5 p.m.

In releasing the resignation letter, Rosen offered the following statement: "As indicated in my letter, I remain committed to environmental protection and restoration and am looking forward to continuing to work on improving our region's water quality and watershed health in a different arena."

Read the entire resignation letter online at: <http://portlandtribune.com/documents/articles/00003518679665.pdf>

shasta@portlandtribune.com

Heine, Yates face federal bank fraud charges

Indictment alleges a complex scheme to hide bad loans from The Bank of Oswego's board and from regulators

By GARY M. STEIN
Pamplin Media Group

Former Bank of Oswego president and CEO Dan Heine was arrested in Florida and arraigned on federal charges involving conspiracy to commit bank fraud and making false bank entries.

Diana Yates, the bank's former chief financial officer, also was arrested and arraigned on the charges Friday in Portland. Both pleaded not guilty and were released June 26.

The 27-count indictment alleges that Heine and Yates were involved in a complex scheme to hide bad loans from the bank's board of directors, shareholders and regulators from September 2009 through 2014 in an effort to portray the bank's financial condition as much better than it was.

The grand jury indictment, which was unsealed June 24, accuses Heine and Yates of using bank or third-party proceeds to make payments on customers' delinquent loans, mischaracterizing assets in reports to the bank's board of directors and the Federal Deposit Insurance Corporation (FDIC), and concealing information about loans made to bank insiders.

The indictment also alleges that Heine and Yates made false entries in the bank's reports to the FDIC and to the board of directors about the status of various loans and transactions.

The 15-page indictment includes one count of conspiracy to commit bank fraud and 26 counts of making false bank entries, reports and transactions. If convicted, Heine and Yates face a maximum of 30 years in prison for each count, as well as the forfeiture of any money or property obtained as a result of the violations.

"Our community and economy depend on the integrity of our financial institutions and the officers charged with ensuring their safety and soundness," Acting U.S. Attorney Billy J. Williams said this week. "Officers who make material misrepresentations about these institutions' financial well-being will be prosecuted in this district."

Heine has denied any wrongdoing in the past, telling

The Lake Oswego Review in April that "the notion that I was personally involved in a scheme or scandal to conceal problem loans and delinquencies from the bank's examiners is preposterous."

Heine told The Review that when he discovered "internal irregularities," he reported them to the board and to federal and state regulators, and said bank officials then "fully cooperated" with a two-year investigation.

Geoff Walsh, the bank's former senior vice president of lending, was later indicted and is scheduled to go on trial July 28 on fraud charges related to activities that Heine described as occurring "before and after his employment with the bank."

Yates could not be reached for comment. Reached at his Florida home on Saturday morning, Heine said, "I am advised to make no comment."

Heine was supposed to appear in U.S. District Court in Oregon this week, although he told The Review on Saturday that medical issues could affect the timing of his return to the state.

The Federal Bureau of Investigation and the FDIC's Office of the Inspector General conducted the investigation. Assistant U.S. Attorneys Claire Fay and Michelle Holman Kerin are prosecuting the case.

"Americans have a right to expect that their financial institutions — and the people who run them — are working to keep their money safe and secure," said Greg Bretzing, special agent in charge of the FBI in Oregon. "When that trust is broken, the impacts on the community, the shareholders and the customers are very real. As alleged in this indictment, the damage estimates can soar into the millions of dollars."

According to the indictment, Heine and Yates authorized payments on behalf of delinquent borrowers using funds obtained through false statements or omissions, often with-

out the knowledge of the borrower. Some of those funds came from Walsh's personal bank account, the indictment claims, after being supplied by a third party.

For example, the indictment says, Heine and Yates recommended in 2010 that the bank loan \$1.7 million to Portland real estate developer Marty Kehoe, who is identified only as M.K., without disclosing to the bank's internal loan committee that the bank had already loaned Kehoe \$675,000. Part of the proceeds of the loan were used to cover payments for other bank customers, whose delinquent loans would otherwise have been reported to the board and to regulators.

The indictment also alleges that Heine and Yates recruited a bank employee in 2011 to act as a "straw man" in a phony real estate transaction designed to conceal a financial loss involving foreclosed property on A Avenue in Lake Oswego.

Rather than report the loss, the indictment alleges, Heine and Yates authorized the use of bank funds to repurchase the property, writing two checks to the bank employee totaling \$267,727. After closing on the property, the "straw man" — who had claimed in purchase documents that the money came from his own personal funds — then signed over the property to the bank, the indictment says.

Four months later, the indictment says, Heine and Yates recruited a third party to buy the house from the bank for \$355,000, making false statements or omitting key facts from the bank along the way.

The overall goal of the conspiracy, the indictment says, was to hide the number of bad or "nonperforming" loans the bank had made and the size of the cushion it had set aside to cover those bad loans.

"If too many of a bank's loans are nonperforming, the bad loans will erode the bank's equity cushion, which could cause the bank to fail," the indictment says. "Likewise, if there is not enough equity in a bank, the bank will not be able to absorb very many bad loans and the bank may fail."

By misrepresenting the ratio of bad loans to reserves, the indictment says, Heine and Yates put The Bank of Oswego in a position to do just that.

gstein@lakeoswegoreview.com

Hayhoe: Conservative scientist pushes for carbon emissions tax

From page 4

sound bites above making sense of a global issue the size of climate change.

"Every time I got a call from CNN during 2013, it was an invitation to debate the science. I gave it to them," she said. "I said it is morally wrong to perpetuate the myth that we are 50/50 on climate science."

She wonders why the public would begin to do anything if the trusted resource, the news media, doesn't provide information about the problem and the possibilities. Hayhoe cites that in 2013, 70 percent of the information in mainstream media outlet CNN was true about climate change but 30 percent was misleading.

Citing the similarities in the public relations campaigns launched by tobacco companies to "obscure the science" directly linking cancer and cigarettes, she argued that tactic worked against people for years.

Fifty-five percent of the people in the United States think the science is not settled, Hayhoe says, while the reality is that 97 percent of scientists think that humans are the primary cause of cli-

mate change today. Hayhoe cites 200-year-old science to corroborate the findings that carbon emissions are warming Earth — like a blanket in the sky — and causing it to heat up past livable conditions.

The oil companies know the science, she says, and while some people vilify oil companies, Hayhoe says she is not among them. In fact, she says Exxon Corp. funded one-half of her master's degree because she was studying methane.

Hayhoe added that the funders of climate denial are business entities who do not want restrictions on the way they make money.

While pointing a finger at China's industrialization, Hayhoe also points out that 30 percent of the world's carbon emissions are linked directly to the United States and current unsustainable lifestyles based on carbon fuels.

To those who say there has been extreme global warming in the past Hayhoe says: "We weren't around then. After the polar bear, we are the most vulnerable species on the planet."

Her ideas for change include switching to noncarbon-based energy sources, like

KATHARINE HAYHOE

Katharine Hayhoe lives in Texas and is Director of the Climate Science Center at Texas Tech University. She has written more than 100 peer-reviewed publications and is the co-author of "A Climate for Change: Global Warming Facts for Faith-Based Decisions," as well as the founder and CEO of ATMOS Research and a scientific adviser to the Citizen's Climate Lobby and the Evangelical Environmental Network. To find more resources and more information, visit: skepticalscience.com and katharinehayhoe.com

wind and solar, and directly taxing carbon use.

"This would change the world," she says. "The problem is not human activity, it's human choices."

In advocating for urgent action, Hayhoe pointed out that the people of the Netherlands sued their government — and won — a court decision because they believed their government was not doing enough about climate change.

Asked whether climate change is reversible, Hayhoe said, "We need to suck the carbon out of the air. There are myriad solutions, but we only have years for solutions — maybe a decade."

Memorial Tributes

Charles "Ron" Hubert

June 10, 1942 - June 25, 2015



Ron Hubert was the eldest child of Charles & Betty Hubert. Ron worked in the construction industry for over 30 years. In 1988 he married Cindy and they raised two daughters, Jessica & Caley. He is survived by his mother, wife, daughters, four sons, Ross, Jason, Brett, & Gabe, three brothers, Ken, Jerry, & Lester, & ten grandchildren.

Ron lived most of his life in the Gresham area and will be remembered for his love of family, hunting, fishing, softball, baseball, golf, Nascar, music, farming, & gardening.

A celebration of life will be held for Ron at Good Shepherd Community Church in Boring, Oregon, on July 8th at 3:00 PM.

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The Portland area's guide to green living

Sustainable Life

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Goats munch on blackberries and other invasive vegetation as a plane takes off at Portland International Airport.

COURTESY OF PORT OF PORTLAND

Curvy carrots for sale

By ANYI WONG-LIFTON
Pamplin Media Group

Melissa Martin and Ada Hays want you to give curvy carrots a chance.

Odd-shaped carrots and other "ugly produce" are rejected by most grocery stores, but Martin and Hays hope to feature them alongside "up-to-code" fruits and vegetables in a proposed small grocery they call Sprout Up! Community Market.

By lessening food waste, Martin and Hays' store would be more environmentally sustainable than most groceries.

"We've had pretty good reception so far from farmers. A lot of them are struggling to find a way to sell rejected produce and still make some profit," Martin says.

In early May, the two long-time friends and co-workers started a crowdfunding campaign to help launch Sprout Up!

Their primary mission is to address the inaccessibility of quality food for many Portlanders, by opening their first Sprout Up! in a grocery-deprived neighborhood such as Cully, Lents, Powellhurst-Gilbert or Concordia.

Some people are familiar with the notion of food deserts, "where you have low access to fresh foods, usually within a mile in an urban area," Martin says. She and Hays are more concerned with food "mirages."

When Martin is at work in downtown Portland, she can walk to the nearest store in only a few minutes, compared to 20 minutes when she's at home. But that downtown grocery is too expensive for her to purchase all of her food at, so she calls it a food mirage.

At Sprout Up! they want to tackle the five elements of food mirages identified by graduate students in a Portland State University "Foodability" report: availability, affordability, accessibility, awareness and appropriateness.

Ugly produce at Sprout Up! would make locally grown food more affordable.

Hays says a food mirage also can occur when culturally or ethnically inappropriate products are provided by the only grocery store a family can easily access.

"We would try to pinpoint what the needs are in the community by talking to the people there and addressing those needs," Hays says.

The friends met working at Kenny and Zuke's Delicatessen in downtown Portland, where Martin is bakery manager and Hays is office

See VEGGIES/ Next page

WILL WORK FOR FOOD

Goats — not pesticides — are deployed to clear vegetation at PDX

By JENNIFER ANDERSON
Pamplin Media Group

The Port of Portland had a thorny problem this spring.

Five acres of partial wetland just beyond a Portland International Airport airfield were covered in blackberry bushes and Scotch broom. The invasive species needed to be eradicated, but the land was soft and bumpy — not conducive to mowing equipment.

So port officials researched options and came to a creative solution — one that's been growing in popularity as people look to sustainable alternatives to using chemicals in landscaping. They hired a seasonal crew they were assured would get the job done: A herd of 40 goats, plus a llama to keep guard.

"They came and they went; they were very hungry and they did a great job," says Kama Simonds, a Port of Portland spokeswoman. "Goats have the ability to eat the invasive growth and leave the native (growth) alone. There's some native plants they don't have a taste for."

Check it out

Goats aren't the only animals hired by the Port of Portland.

The port deploys dogs to haze Canadian geese that land on the open space around the airfield during migration seasons. A border collie named Fish worked four hours a day this spring.

The port also hosts lots of beehives. Greg Sparks, a port project development manager and beekeeper, put a hive on the port headquarters building ecoroof five years ago so employees could watch the bees from a safe distance, visible from their 10th-floor offices.

Sparks believes it was and still may be the only public building in Oregon to host a beehive.

Another 40 hives are on nearby port property, kept as research stations by the nonprofit Bridgetown Bees, based nearby in Northeast Portland.

The hired hooves — kept within a solar-powered electric fence for three weeks in April and May — were supplied by Goat Power, out of Sherwood.

Port environmental scientists are evaluating the project and assessing

See GOATS / Next page



Newberg contractor Luke Nodine uses steel instead of wood framing in his tiny house. That makes it lighter yet sturdier; important features for homes built on wheels so they can be easily moved.

PAMPLIN MEDIA GROUP PHOTO: GARY ALLEN

Tiny houses mean less cost, less space, simpler lifestyle

Newberg contractor shifts to new niche, sees increased need, demand for small homes

By COLIN STAUB
Pamplin Media Group

How far would you go to make your life less complicated and take off some economic pressure?

A growing number of people are willing to sacrifice a spacious living area — which comes with plenty of room to accumulate junk — for a "tiny house." Typically smaller than a garage, these units are gaining traction with a few key demographics.

That's why Newberg contractor Luke

Find out more

For more information, call Thimble Homes at 503-277-9000.

Nodine has entered the tiny house market, building the structures on wheels under the name Thimble Homes.

"The idea is to simplify living," Nodine says, but there's also an economic element in play. "People in the younger generation, who maybe can't afford the housing market, these are marketed to

See TINY / Next page

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Goats: Machines bad for wetlands

From previous page

the need for future goat work, but upon early reflection, it was very successful, Simonds says. "Our approach is, we try to find creative and environmentally sound ways to manage the invasive plants."

Hoofing it to other jobs

Goat Power owner Briana Murphy trucks her crew to restoration jobs across the Portland area and beyond — Salem, Corvallis, the Columbia Gorge area and Vancouver, Wash.

The "shepherdess," as she calls herself, comes from a family of North Dakota farmers and grew up in rural Alaska. Four years ago, she bought a 10-acre farm in Sherwood and started trucking her crew to all sorts of properties, including wineries, golf courses and college campuses.

Sometimes Murphy personally stays on site; other times she lets the animals do their thing and keeps a friendly black llama with the goats to chase away predators like dogs and coyotes.

It's not a cheap venture. The Port spent \$10,000 on the three-week operation to clear five acres, Simonds says.

But the goats are highly effective, Murphy says. "Goats will climb up the trees and reach up to about 6 feet. They strip the bark off the ivy vines and eat all the leaves off. Crews just have to snip the vines and you've killed all the ivy off the tree."

A piece of property covered in about three feet of ivy should be almost completely eradicated if it's treated with goats for three years, Murphy says.

The weeds don't come back because the goat's four-chambered stomach — which can eat pretty much anything — digests

the material so it comes out as fertilizer that improves soil quality and filtration. There's a limited amount of seed released into the soil, to control regrowth.

"I like to think of it as putting your money back into the ground," Murphy says. "All the good stuff is already broken down, which makes the nutrients really viable."

To fortify and sustain her business year-round, Murphy expanded her Goat Power herd to 60 and hopes to be up to 100 in the next couple of years.

For retired goats, she'll partner with a local butcher and sell meat direct to consumers from the farm, starting this fall. She's also looking to move to a bigger farm.

Murphy wants to shatter the myth that running a goat-powered landscaping operation is an "easy way to make money."

"These goats need 180 pounds

of food per day," she says. "There's a lot of care that goes into them in the off-season."

"You can't just park them in your barn and forget about it. They'll tell you if something's wrong, and they're not shy about it."

As far as the future of using goat power as a natural alternative to herbicides, Murphy thinks she has a winning solution.

"People are starting to understand there are consequences to blanket spraying as a practice," she says. "I refer to it as a common-sense renaissance. People have been doing this around the world for hundreds and hundreds of years. After the big pesticide boom of the '70s and '80s, people have been realizing that's not the best way to go about it."

Find out more at: mowingwithgoats.com.

@jenmomanderson

Tiny: Home will cost about \$80,000

From previous page

them."

When his current tiny house project is finished, Nodine figures it will cost about \$80,000 — much more affordable than traditional houses in today's market.

Built on what is essentially a flatbed trailer with some extensions included on its platform, the house provides about 300 square feet of living space. Its actual footprint is only 23 feet by 8 feet, but two upstairs sections add another 100 square feet of space. With tiny houses, it's all about using any amount of additional space; even the indents left between the grid framing in the ceiling can be used for storage.

"Every little nook and cranny in this thing is storage," Nodine says. "No inch wasted."

Building tiny homes on wheels makes them more affordable and flexible. There's no need to buy land, lay a foundation or dig utility lines if the tiny house owner finds a friend willing to let them park on their property and extend an electric cord from the main house. If it doesn't work out, they can simply move for greener pastures.

Although small in stature, the house's interior furnishings give the stylistic appearance of a standard modern house, with granite kitchen countertops, a tiled shower in the full bathroom, and hardwood floors throughout the living space. A "mini-split system" will be installed, using a small wall-mounted unit to heat and cool the space.

Nodine expects Thimble

Homes' first tiny house will be completed in a few weeks. It may be entered as a float in the Newberg Old Fashioned Festival parade — another perk of having a trailer for a foundation.

When it's done, Nodine predicts the structure will weigh around 10,000 pounds. To keep the weight down, Nodine is using steel framing, designed by Volstrukt of Austin, Texas.

In contrast to the wood framing used in most similar tiny houses hitting the market, the steel frame weighs 66 percent less and is much stronger, Nodine says.

Weight is something of a new consideration for contractors like Nodine entering the new niche. For tiny houses, especially ones built on wheels to be semi-mobile, shaving off every ounce counts.

"You can't just throw anything in there," Nodine says.

The same goes for the necessities future occupants can move into the house. That's also a process of minimizing, which Nodine likens to the concept of lean manufacturing or removing unnecessary steps.

Nodine's contractor van is an example of such efficient use of space. Each tool has its own divider, with no clutter in the way to slow down the process.

That's how future tiny house residents will view the living space.

"It's paring down, things you can live with or without," Nodine says. "How can I go from a 2,400-square-foot house to a simple living space? Do I really need 17 coats or do I only need a couple sweaters?"



Ada Hays (left) and Melissa Martin are trying to raise money to start a healthy, affordable grocery in a neighborhood where good, cheap food is hard to find. COURTESY: MELISSA MARTIN

Veggies: Launch needs crowdfunding

From previous page

Check it out

manager. Hays is studying to earn her MBA in Food Systems Management.

The two women bonded over their passion for the food industry, but soon realized that delicious Portland-made products are unavailable for many residents.

"We went down a long road of first thinking about ways to educate people about food accessibility, then it morphed into really trying to provide food directly, not only educate people," Hays says.

Through volunteering at a soup kitchen and living in neighborhoods without easy walking access to grocery stores, the issue of food inaccessibility became personal for Martin and Hays.

They hope to raise \$25,000 by July 15. That would help them secure a larger loan to open their first store.

purchase.

- Promote the purchase of 8,000 new electric vehicles per year.

- Require all homes to have an Energy Performance Standard label, which functions much like a miles-per-gallon sticker on cars, stating the home's monthly utility cost for heating and other energy.

- Press Portland General Electric and Pacific Power to accelerate their move away from coal power in their local energy mix.

Hundreds of companies go green

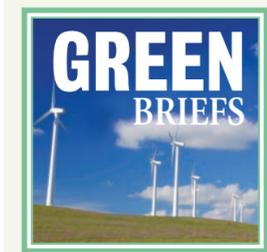
Oregon's relatively new program for registering environ-

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To see the Benefit Companies in Oregon: sos.oregon.gov/business/Pages/oregon-benefit-companies.aspx



Targeting fossil fuels

Portland and Multnomah County could formally oppose coal and oil exports through their jurisdictions, and divest their holdings in fossil fuel stocks. They also may consider a tax or fee on carbon emissions if the state won't do it.

Those are some of the latest additions to the city and county's joint Climate Action Plan, recently updated for the first time since 2009.

The Climate Action Plan includes a laundry list of goals, including several for the next five years:

- Establish a fossil fuels export policy, which could determine how the city and county respond to future propane export proposals and liquefied natural gas pipeline projects.

- Promote Meatless Monday campaigns, to draw attention to the high carbon footprint of meat dishes.

- Encourage residents to consider the lifetime carbon impact of all the "stuff" they

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SportsTribune

PAGE B1

PortlandTribune

TUESDAY, JULY 7, 2015

LANANNA'S SUMMER SERIES IDEA WOULD KEEP ATHLETES FROM RUNNING TO EUROPE

EUGENE —

A year ago, Atlanta-based sports agent Paul Doyle initiated a U.S. track and field team competition called the American Track League that didn't gain a lot of traction.

Now Vin Lananna hopes to put together a similar enterprise called the TrackTown Summer Series that will culminate with a season-ending championship meet at Hayward Field next summer. The league is scheduled to begin shortly after the 2016 Olympic Trials July 1-10 at Eugene.

Kerry Eggers



ON SPORTS

Lananna, president of the TrackTown USA organization that promotes the sport and stages major events, says he has reached out to representatives of 12 cities "in major media markets" to serve as sites for teams.

"I can't provide details, but Portland is one of those cities, for sure," Lananna says.

Other West Coast cities believed to be involved in negotiations for a team include Seattle, San Francisco and Sacramento, Calif.

Lananna's idea is to provide competitive domestic meets for U.S. athletes after the USAF national championships in late June and leading up to the World Championships or Olympic Games in late summer.

"We have felt for a long time we need to have opportunities in this country during the summer for our high-end athletes as they peak for the World Championships, Olympic Games or Diamond



League events," Lananna says.

Eugene played host to a high-performance professional meet last summer "with the full intention of shifting the paradigm of everybody running out of town after the U.S. championships or Olympic Trials and going to Europe," he says.



LANANNA

Lananna says he has received "good response" from reps of four cities thus far, plus "great response from the athletes and great response from the investors. This is one of the first times when any initiative has started with having the financial background, then developing the outcome with the rest of the idea."

There will be teams representing cities and team scores kept in dual meets. There will be an athlete draft conducted

to balance the talent pool.

"We feel we'll (field) 200 athletes," Lananna says. "Our objective is to provide opportunities for U.S. athletes. We may have some international athletes, too, but at a lower percentage."

Not every event will be included in every meet, which Lananna says will take 90 min-

More online

Read other Kerry Eggers columns during the week at portlandtribune.com

utes to complete. He says the championship meet in Eugene will take one hour and 45 minutes.

"The meets will be scored, and we'll engage the team concept similar to the way the NCAA Championships are set up," Lananna says.

Athletes will be "financially compensated for participating," he says.

But those athletes will be

See EGGERS / Page 2

Top track and field stars, like Tyson Gay, winner of the U.S. 100 meters recently at Eugene's Hayward Field, could be competing in Portland as part of a TrackTown Summer Series planned for a 2016 start.

TRIBUNE PHOTO: DAVID BLAIR

Redemption plus: Steady improvement leads to dominance

World Cup crown comes as U.S. adjusts, blends

By CAITLIN MURRAY
For The Tribune

VANCOUVER, British Columbia — When United States coach Jill Ellis looked at the BC Place scoreboard early in Sunday's Women's World Cup final, even she could hardly believe it.

"Pinch me, I'm dreaming," she thought to herself.

Less than a quarter of the way through the championship game, Ellis and the Americans already were ahead 4-0 against Japan — and the trophy was practically en route back to the U.S.

Midfielder Carli Lloyd ended up with a hat trick in just 16 minutes, putting on a monster performance that may have made her the best female soccer player in the world at the moment.

Lloyd's final goal was her most audacious. She noticed the Japanese goalkeeper well off her line and launched the ball from the center line, a shot of at least 50 yards.

The Americans went on to win 5-2 — and made history. It was their first Women's World Cup title in 16 years, the first since the famous 1999 win in front of 90,000 people at the Rose Bowl in Pasadena, Calif.

Redemption song

Maybe the story line of Sunday's final was supposed to be one of redemption.

After all, this was a rematch of the last Women's World Cup final, when the Americans lost in penalty kicks to Japan in 2011. Lloyd missed her PK in that game, shooting it well over the bar.

But with Lloyd playing out of her mind on Sunday and having the match of her life, she became the new main theme in Vancouver. An American had just scored a hat trick in a final and the U.S. had won a third Women's World Cup, the most by any country — what other story could there really be?

Lloyd was in position to feel redeemed, but she said that wasn't what drove her and her teammates in the rematch.

"Not 1 percent," she said. "It's a World Cup final that we wanted to win, and it just happened to be against Japan."

The Japanese should have been much more difficult competition than they turned out to be in the climactic match. Japan had won every game along the way and had given up only three goals in the tournament — but they conceded that many goals in the first 14 minutes against the U.S. Lloyd was the difference. And it wasn't the first time she had taken on such a role against

the Japanese. She scored twice against Japan in the 2012 Olympics gold medal match.

"Ms. Lloyd always does this to us," Japan coach Norio Sasaki said. "In London, she scored twice. Today, she scored three times. So, we're embarrassed, but she's an excellent player."



"It's a World Cup final that we wanted to win, and it just happened to be against Japan."

— Carli Lloyd

Slow road, change of direction

The Americans struggled early in the 2015 tournament. Sure, they never lost, but they played like they were apprehensively tiptoeing over a tightrope, at risk of tumbling at any moment.

The Americans benefited from their opponents looking even less confident and less convincing, however.

As the tournament progressed, Ellis perhaps realized the stats showed a low shot-to-goal conversion rate and too few touches on the ball in attacking areas. She revamped her team's formation, making Lloyd a free-roaming centerpiece of the attack — and it worked.

Lloyd, who plays for the Houston Dash of the National Women's Soccer League and will turn 33 on July 16, went into Sunday's final having scored three goals in three games, two of them game-winners.



Trail Blazers general manager Neil Olshey (left) introduces new players Noah Vonleh, Mason Plumlee and Gerald Henderson.

Olshey introduces three 'high-end' players

Blazers quickly revamping team, as Aldridge takes off

By STEPHEN ALEXANDER
The Tribune

Everything having to do with the Trail Blazers right now revolves around the loss of power forward LaMarcus Aldridge in free agency to the San Antonio Spurs.

Before a press conference last week to introduce three of Portland's four newest players at the team's practice facility in Tualatin, a staffer informed the media that there would be no questions about Aldridge, who

had yet to sign a new contract, "or at least none that will be answered."

By the time Aldridge announced his decision last weekend, the Blazers already had officially welcomed Gerald Henderson, Mason Plumlee and Noah Vonleh to their fold, further signaling their new direction. Another new Blazer, second-round draft pick Pat Connaughton, will be introduced sometime in July, as the Blazers said they prefer not to overwhelm draft picks' schedules too early.

"This is a big first step for us in terms of getting the 2015-2016 roster today," Portland general manager Neil Olshey said, as he sat next to Henderson, Plumlee and Vonleh and coach Terry

Stotts. "These three guys are going to be great additions to the roster. These are three high-end NBA players."

Stotts said he was not sure how the three will fit into the team. "It's too early to figure that out," Stotts said. "It's early in the process as far as putting together the roster, but I like what all three of them bring to the roster."

"Neil has done a terrific job" with character "being one of the foundations of the players we bring in here," Stotts said. "I take building a culture seriously, and you do that with good character. These three guys certainly fit into that, and

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See CUP / Page 3

StatusReport

Eggers: Series could help grow sport

From page 1

TIMBERS: Portland's Jack Jewsbury scored late to defeat San Jose 1-0 on Sunday night at Providence Park. The Timbers (9-6-4, 31 points, tied for third in the Western Conference) will play at 4 p.m. PT Saturday at the Philadelphia Union (5-10-4, 19 points, eighth out of 10 teams in the Eastern Conference).

THORNS: A 2-1 win at home last week over last-place Sky Blue put Portland one point out of a playoff spot halfway through the 20-game National Women's Soccer League regular season. The Thorns are 3-3-4 going into their 4 p.m. PT Saturday return match at Sky Blue in Piscataway Township, N.J.

THUNDER: Portland is in all but a must-win situation Saturday when it plays host to the Jacksonville Sharks at 7 p.m. at Moda Center. The Thunder, who had a bye last week, have five games left in the Arena Football League regular season and are fifth in the National Conference. The top four finishers make the playoffs. San Jose (13-1), Arizona (11-2), Las Vegas (5-8) and Spokane (4-9) are ahead of the Thunder, who have a one-game lead on the other team in the conference, the Los Angeles KISS (2-11).

HOPS: The Hops will wrap up a five-game Class A Northwest League series at Everett with games at 7 tonight and 11 a.m. Wednesday. Then Hillsboro gets five games at Ron Tonkin Field against Spokane, starting with a 7 p.m. meeting on Thursday.

able to continue with their shoe and apparel endorsement deals and will wear their normal uniforms during meets.

"They'll continue to wear whatever they currently wear," he says.

Lananna hopes to incorporate road racing in the meets, with the race to end at the finish line inside the stadium. TrackTown USA — which will stage the 2016 World Indoor Championships in Portland and the 2021 World Outdoor Championships in Eugene — will help operate each of the meets. Lananna says he is in negotiations with a "major television network" for broadcast rights.

The investors, Lananna says, "will either coach the team themselves or hire somebody."

"We'll pit one city's team against another's," Lananna says. "Right now, we anticipate having at least four (dual meets), and there will be a national championship held at Hayward Field.

"The objective is a buildup to the 2021 World Championships. It's my goal to create stars of our sport (to become) household names as we get ready to host the 2021 World Championships."

Attendance at the dual "regional" meets, Lananna says, "won't be important at all. They're going to be on TV, so it doesn't matter if (attendance is) 2,000. Attendance at the national championships in Eugene — the financial model for the investors — will be very important."

U.S. athletes will be able to continue to compete in Diamond League events in Europe.

"We will do our best to pick the dates so not to conflict with the Diamond League," Lananna says. "But once you join, you do have to participate."

Lananna says the league has been in the works for three years.

"We are mostly interested in engaging our younger athletes, some of whom have been part of our planning stages," Lananna says.

"They're excited about it. We have some pretty cool elements we're not ready to roll



Allyson Felix, winner of the 400 meters at the U.S. championships at Hayward Field last month, figures to be the kind of track and field competitor the TrackTown Summer Series will want to have in its planned team league in 2016.

TRIBUNE PHOTO: DAVID BLAIR

out yet. I have every reason to believe once you put out some reasonable finances, and they don't have to spend \$5,000 to \$6,000 (to go to Europe for meets), it's a win-win for everybody.

"My intention is to grow the entire sport. We'll take on what is a long-needed objective for our athletes in the U.S. We have to get track being thought about in the summer months. After our national championships, nobody utters the words 'track and field' in the U.S. except when something controversial comes up."

In interviews with several athletes during last week's USATF Championships at Eugene, none — including Nike Oregon Project distance runner Galen Rupp — said they had heard of the planned league.

Having no domestic meets after the USATF meet "is a big problem for U.S. athletes," national 5,000 champion Ryan

Hill of Portland's Nike Bowerman Track Club says. "We have to go to Europe in the summer. Some of us would like to stay in the States and race.

"(A domestic league) would be fantastic. I'd love to see it. The only problem might be, the big names can make more money in Europe. But for athletes who don't feel confident about making money in Europe, the best idea is to stay here and race."

National steeplechase champion Evan Jager says much the same thing.

"That would be pretty cool," says the Nike BTC runner. "I don't know what the payout structure would be, but it would be hard for some of the top guys to turn down the Diamond League money."

"But if there's some money in these meets, I could totally see that taking off. Why would you not want to stay in the States, stay at home, potentially race in your home-

town in front of your fans? It would give people more opportunity to run faster races, which would be awesome for American track."

Veteran high jumper Amy Acuff says it is becoming harder for the top-flight U.S. track and field athletes to make a living.

"Since I started (in 1996), I've seen a decline in the number and quality of meets," the five-time Olympian says. "The European meets don't take a lot of athletes. There are small fields, and prize money is not deep. There is not as much an incentive as it used to be. And when (the meets) are spread out, there's incredible expense to put yourself up for a whole week or two."

"It's really hard for U.S. athletes. The contract support (from shoe and apparel companies) has dried up substantially the last few years.

There are people who are relying on track and field for their day-to-day survival —

really talented people. We're talking top 10 in the world making almost no money in the sport. That's scary for them. They just don't know what they're going to do.

"(A U.S. track league) would be amazing. I wish Vin all the best of luck in pulling that off, but it's no easy task. He'll need a lot of help and support from the track and field community. I hope that's achieved."

Lananna says plans for the U.S. and World Indoors — which will be held a week apart in March at the Oregon Convention Center — are moving quickly. The track is currently being shipped from Estonia, where it was built, and is expected to arrive in Portland on Thursday.

"We'll have it housed and surfaced in Portland and ready to be set up when the time comes," Lananna says.

kerryeggers@portlandtribune.com
Twitter: @kerryeggers

Birthday

July 7, 1944

Jim Barnett (age 72)

A 6-4 guard from the University of Oregon, Barnett began an 11-year NBA career with the Boston Celtics in 1966 and played for the expansion Trail Blazers in 1970-71. He averaged 18.5 points, 4.8 rebounds and 4.1 assists for Portland. He is a member of the UO Hall of Fame and Oregon Sports Hall of Fame and Pac-12 Basketball Hall of Honor. He also has been a Golden State Warriors radio broadcaster for years.



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Cup: Morgan provides a lift

From page 1

After a roaring 2-0 win over No. 1-ranked Germany in the semifinal, the Americans looked finally ready to claim the cup again.

Still, what Lloyd did on Sunday probably was well beyond Ellis' wildest expectations.

Ellis was left to call the 5-8 midfielder from South New Jersey a "rock star."

"How this tournament's gone so far, I was a little bit restricted in the beginning games," Lloyd said after the 1-0 U.S. quarterfinal victory over China. "I wasn't able to express myself."

"(Ellis) was like, 'Don't stress it. We're going to find a way to get you going.'"

"As a player, you want to have an impact, but I knew my time was going to come."

It certainly did. As Lloyd started to play better, the team started to play better, too. It was if Lloyd was the bellwether for the squad.

"It sounds cliché, because I've been saying it a lot, but we've been building momentum through this tournament," forward Alex Morgan said after the U.S. clinched the title. "I

knew this was going to be our best game yet, and it was."

Thorns, Rapinoe represent

The NWSL Portland Thorns had nine players in the Women's World Cup and, on the whole, they represented the Rose City well. All of them advanced out of the group stage, but the most successful ones, of course, were the Americans.

Morgan was used as a centerpiece of the American attack, despite her early injury concerns from a knee bone bruise. Morgan began the tournament playing limited minutes, having not been in a competitive match in the two months heading into Canada.

But Morgan bounced back quickly. She scored a key goal against Colombia in the round of 16, played a vital role in creating chances and put the opposition under lots of pressure.

She was twice denied, however, by Thorns teammate and German goalkeeper Nadine Angerer in the semifinal.

"We joked a little bit," Morgan said afterward. "I told Nadine, 'You saved my shots because you want me to score in the final, right?' She said, 'Yeah, I want you to save your

goals for the final.'"

But it was a different Thorn who would score in the final. Tobin Heath capped off the goal fest, scoring the U.S.'s fifth against Japan. It was her only goal of the tournament, and there was no better time for it.

Another hometown favorite, Megan Rapinoe, the former Portland Pilot, had a strong enough tournament to land on the short list for Golden Ball, which is given to the best player of the Women's World Cup and went to Lloyd.

She had a roaring start, scoring twice in the USA's opener against Australia. But, as other players stepped up, she played more of a key support role than a spotlight one.

A home away from home

A common sight in Vancou-



RAPINOE



MORGAN

ver during the Women's World Cup was cars with license plates from Oregon and California and phrases like "Go USA!" scrawled on the windows.

The story was similar in every city. Sellout crowds watched the U.S. in Winnipeg, Ottawa and Vancouver, and fans were overwhelmingly cheering for the red, white and blue.

In Montreal, where the U.S. beat Germany in the crucial semifinal match, the response from Americans in attendance was like a pot boiling over. Those fans had been waiting for the U.S. team to look dominant — and that finally happened. When Lloyd scored the first goal, a deafening thunderclap of applause reverberated through Olympic Stadium, shaking the press seats.

In total, the 2015 Women's World Cup beat the tournament's attendance record of 1,278,682 — and one-third of all ticket sales across 52 games went to Americans.

"Even though we are playing in Canada, it does feel kind of like a home World Cup," veteran U.S. forward Abby Wambach said. "All these games have had so many of our fans."

Blazers: Seeking 'a higher level'

From page 1

that was taken into account when we got them."

Vonleh and Henderson were acquired from the Charlotte Hornets in exchange for Nicholas Batum on June 24. Plumlee was acquired along with the draft rights to Connaughton from the Brooklyn Nets in exchange for Steve Blake and the draft rights to Rondae Hollis-Jefferson.

Plumlee is a 6-11, 235-pounder out of Duke who can play forward or center. He was drafted by Brooklyn with the 22nd pick in 2013. In his rookie season, he averaged 7.4 points, 0.9 assists and 4.4 rebounds per game. Last year, he scored 8.7 points, had 0.9 assists and grabbed 6.2 rebounds.

Plumlee said he does not have a preference about whether he plays the 4 or the 5.

"I'm comfortable when I'm on the floor, and I feel comfortable in both positions," he said. "Whatever the coach needs from me, I'll be happy to do."

Plumlee described himself as competitive, especially on the defensive end.

"It just all starts with competing," he said. "As long as you compete, the other stuff just comes out. It starts on defense, rebounding the ball, bringing intensity on the defensive end. The other side of the ball for me is being aggressive, looking to score and play off others' strengths."

Vonleh, 6-10, 240, played collegiately for Indiana and was taken by Charlotte with the ninth pick in the 2014 draft. During his rookie season last year, he appeared in 25 games, averaging 3.3 points, 3.4 rebounds and 0.2 assists. His best game came against the Detroit Pistons on April 12, when he scored a career-high 16 points and matched his career high with 12 rebounds.

Vonleh said he learned a lot about life in the NBA as a rookie.

"I had a lot of good vets on my team. They showed me the ropes of the NBA," he said. "I stayed ready and confident throughout the year. When my name was called, I was able to play pretty well."

Vonleh hopes to see more action with the Blazers.

"Having more playing time will help me grow as a player," he said. "Playing through mistakes, working with player development, I can take my game to a higher level."

Stotts agreed that playing time can help a young player develop more quickly, but he added that there are other ways to improve besides playing in games.

"Game action is important," Stotts said. "Players given an opportunity to play have an opportunity to show how they develop. There's no question that it's accelerated when young players have a chance to get on the court, play through mistakes. But there are many ways to develop without getting onto the court. ... I'm not saying one thing or another (about Vonleh's playing time)."

Henderson is the veteran of

the new group. He comes from impressive basketball lineage. His father, Gerald, played 13 seasons in the NBA and won three championships with the Boston Celtics. After playing for Duke, the younger guard was taken by Charlotte with the No. 12 pick in the 2009 draft. In his career, he is averaging 12 points, 2.1 assists and 3.4 rebounds. Last season, he played in 80 games, starting 72, and had 12.1 points, 3.4 rebounds and 2.6 assists.

Under Stotts, the Blazers love to shoot 3-pointers, and Henderson has never been much of a threat from the outside. He has only 453 attempts from 3-point range in his six-year career and has made just 140 (.309).

"But, check out his corner-3 percentage," Stotts said, smiling.

"Hot," Henderson finished, smiling as well. After pausing to allow for laughter, Henderson continued, "I've always been a midrange player. I've shot the 3

when it's open. A big thing will be shooting it more. But like coach said, I'm an exceptional corner 3-point shooter. I'll stick to my game. I don't want to do anything that's going to mess with our team game. But I'll stick to what I know best."

Henderson said the thing he is most excited about with the Blazers is the opportunity to win.

"They have a really good thing going on here," Henderson said. "They're used to winning, and I'm looking forward to that. I'm looking forward to winning. You play the game to win. I'm looking forward to playing in the playoffs, making an impact in the playoffs and doing something big."

MainEvents

Tuesday, July 7

Mariners: Detroit at Seattle, 7 p.m. (Root Sports)
Hops: Hillsboro at Everett, 7 p.m.
Track and field: All-comers meet, Grant Park, 6 p.m.
Golf: PPGA Women's Amateur, first of two rounds of stroke-play

qualifying, BanBury Golf Course, Boise, Idaho

Wednesday, July 8

Mariners: Detroit at Seattle, 12:30 p.m. (Root Sports)
Hops: Hillsboro at Everett, 7 p.m.
Timbers U23: Portland at Kitsap, Gordon Field, 7 p.m.
Golf: PPGA Women's Amateur, final round of stroke-play qualifying, BanBury Golf Course, Boise, Idaho

TV&Radio

Tuesday, July 7

Mariners: Detroit at Seattle, 7 p.m., Root Sports, KMTT (910 AM)
MLB: New York Mets at San Francisco, 7 p.m., KUIK (1360 AM)
Hops: Hillsboro at Everett, 7 p.m., KPOJ (620 AM)
WNBA: Tulsa at Atlanta, 5 p.m., ESPN2
Tennis: Wimbledon, 5 a.m., ESPN, ESPN2
Soccer: United States-Honduras, CONCACAF Gold Cup,

Frisco, Texas, 6:30 p.m., FS1
Cycling: Tour de France, 5 a.m., NBC Sports

Wednesday, July 8

Mariners: Detroit at Seattle, 12:30 p.m., Root Sports, KMTT (910 AM)
MLB: New York Mets at San Francisco, 12:30 p.m., KUIK (1360 AM) ... St. Louis at Chicago Cubs, 5 p.m., ESPN
Hops: Hillsboro at Everett, 7 p.m., KPOJ (620 AM)
Tennis: Wimbledon, 5 a.m., ESPN, ESPN2
Cycling: Tour de France, 5 a.m., NBC Sports

History

July 7-8, 1960

George Freese's pinch-hit, bases-loaded double gives the Portland Beavers a 4-3 road victory over the Seattle Rainiers in Pacific Coast League action. The Beavers are returning home to face the Spokane Indians at Multnomah Stadium, and the host club will have a post-game, second annual Square Dance Barbecue for fans. Festivities will include 1,500 square dancers staging an exhibition of their moves — and 3,000 pounds of Grade A beef, with 25 cents buying a quarter-pound of the meat plus a cold or hot drink.

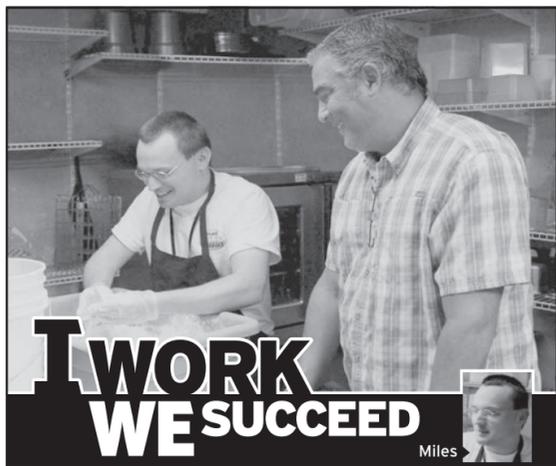
Other baseball being played around Portland is in the City League, American Legion, Babe Ruth, Connie Mack and Little League levels. In Legion Junior Baseball, Jefferson High's team (Lindsay Brothers is the sponsor) hands Grant High (Porter-

Scarpelli) its first loss of the summer, 5-2 at Skavone Field. The 28th season of greyhound racing begins on Friday, July 8, at Multnomah Kennel Club in Fairview. The crowd total: 18,707. In Eugene, Hayward Field is

the site of the 42nd annual AAU decathlon national championship. The field of 27 men includes two-time champion Rafer Johnson and C.K. Yang. Portland radio station KGON is broadcasting the action from 8:05 a.m.-9:15 p.m. on Day 1 and 4:05 p.m.-6:30 p.m. on Day 2 of the 10-eventer. Johnson goes on to be not only the flag bearer for the United States at the 1960 Summer Olympics but also wins the decathlon gold medal at the Rome Games. He wins the James E. Sullivan Award as the top amateur athlete in the U.S. for 1960, breaking the color barrier for that honor.



JOHNSON



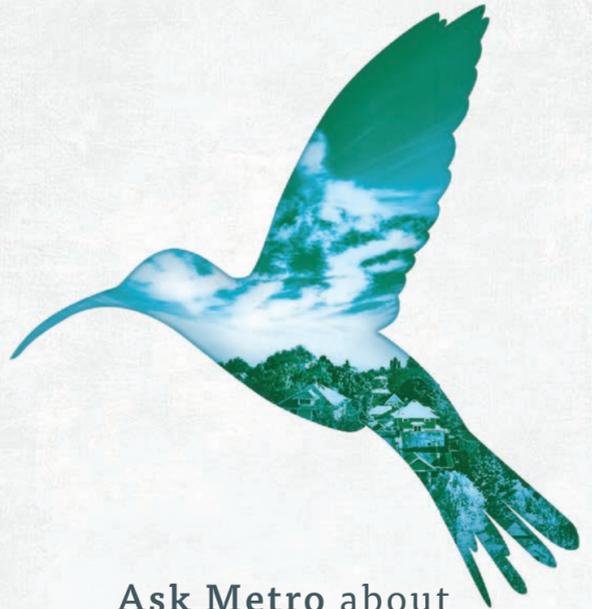
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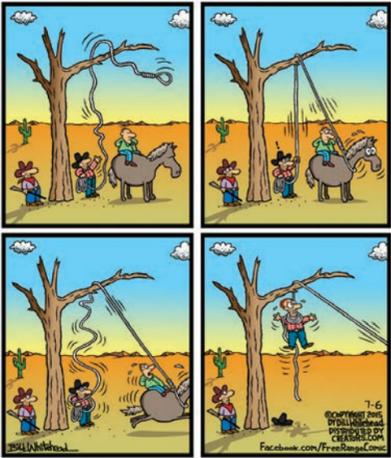


Is it any wonder the Bellamy twins were drawn to synchronized lawn care?



Chet's out front taking a proprietary interest in his lot line.

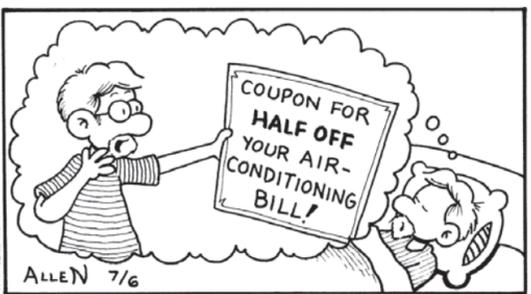
Free Range



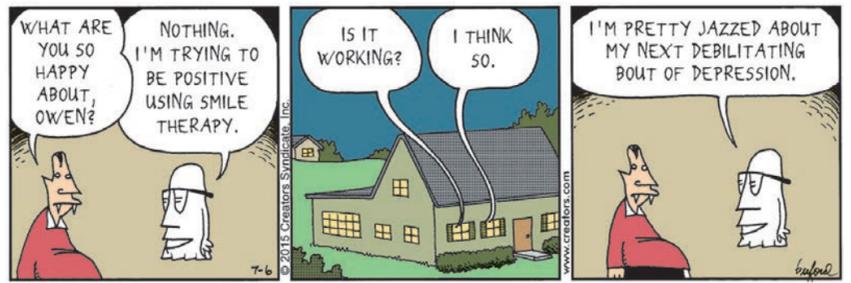
Strange Brew



Nest Heads



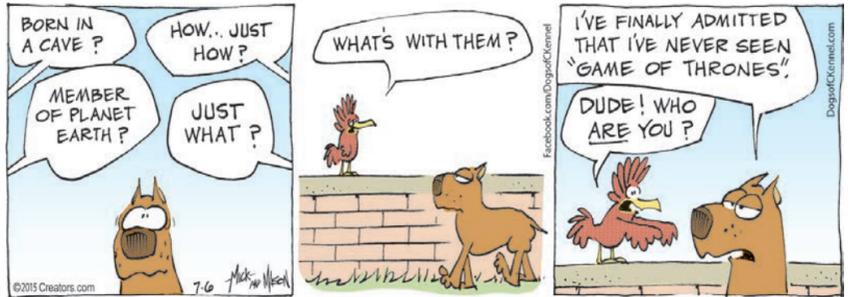
Scary Gary



Dog Eat Doug



Dogs of C Kennel



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Work will be conducted primarily in an office environment. Work will also be conducted at project sites, which may include boats, barges, shorelines, etc. Must be able to work in all elements of weather and enjoy working near or on the water.

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The Systems Analyst performs the Requirements Engineering function, including the development of process, use cases, functional specifications and design, user interface mockups, test plans, and training collateral. Analyzes complex business problems to be solved with automated systems. Provides technical expertise in identifying, evaluating and developing systems and procedures that are cost effective and meet user requirements. Configures system settings and options; plans and executes unit, integration and acceptance testing; and creates specifications for systems to meet business requirements. Designs details of automated systems. May provide consultation to users in the area of automated systems. May lead cross-functional linked teams to address business or systems issues.

Qualifications:

Bachelor's degree or foreign equivalent in business administration, information systems, or computer science; and minimum five years of relevant progressive experience. Experience to include: 1 year demonstrated experience with the following types of systems: Mainframe, JCL, CICS, Cobol, SQL Server, Visual Studio; 3 years experience with process to build, drive and acquire insurance product sales in agency channel; 3 years training on sales process, financial planning tools, underwriting requirements and necessary documentation. Full time position at Standard Insurance Company's office in Portland, Oregon.

Resumes: [Standard Insurance Company, 1100 SW Sixth Avenue, Portland, OR 97204](https://jobs-standard.icims.com/jobs/13570/systems-analyst-iv/job?mode=view) or online: <https://jobs-standard.icims.com/jobs/13570/systems-analyst-iv/job?mode=view>

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Qualifications: Bachelor's degree or foreign equivalent in business administration, information systems, or computer science; and minimum five years of relevant progressive experience. Experience to include: 1 year demonstrated experience with the following types of systems: Mainframe, JCL, CICS, Cobol, SQL Server, Visual Studio; 3 years experience with process to build, drive and acquire insurance product sales in agency channel; 3 years training on sales process, financial planning tools, underwriting requirements and necessary documentation. Full time position at Standard Insurance Company's office in Portland, Oregon.

Resumes: [Standard Insurance Company, 1100 SW Sixth Avenue, Portland, OR 97204](https://jobs-standard.icims.com/jobs/13570/systems-analyst-iv/job?mode=view) or online: <https://jobs-standard.icims.com/jobs/13570/systems-analyst-iv/job?mode=view>

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The Portland Police Bureau has in its physical possession the unclaimed personal property described below. If you have any ownership interest in any of that unclaimed property, you must file a claim with the Portland Police Bureau within 30 days from the date of publication of this notice, or you will lose your interest in that property. Satisfactory proof of lawful ownership must be presented before property will be returned; such proof may consist of an accurate description of the unclaimed property. Various bicycles, audio/video equipment, cameras, jewelry, computer equipment, personal items, money, auto accessories, tools, sporting goods and other miscellaneous items.

To file a claim or for further information, please contact: **Property & Evidence Division, Portland Police Bureau** 2619 NW Industrial Way, Suite B-4 Portland, Oregon 97210 (503) 823-2179

Vendors Needed! Tigard Street Fair Sept. 12, 11:50-5:00 Street Fair is being held Downtown on the newly renovated Main St. There will be music, demonstrations, children's activities and all kinds of family fun! If you would like to promote your business, sell your crafts, provide food or engage your non-profit with the community, go to <http://tinyurl.com/obhejg> or dtevents.com/explore/downtowntigard.com 10' x 10' spaces cost \$25 to \$50 depending on your type of enterprise.

Lost & Found

LOST - Necklace! Lost on Sat., 6/13 in parking lot at New Seasons Market in Lake Oswego. \$100 reward! Has sentimental value, in family for generations. 503-245-7085

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Due to the quantity and variety of business opportunity listings we receive, it is impossible for us to verify every opportunity advertisement. **Readers respond to business opportunity ads at their own risk.** If in doubt about a particular offer, check with the Better Business Bureau, 503-226-3981 or the Consumer Protection Agency, 503-378-4320, BEFORE investing any money.

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Appliances

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WASHER/DRYER: Kenmore Elite, front load with pedestals, red, \$900/obo. **REFRIGERATOR:** Frigidaire, Stainless steel, S/S, water & ice, \$500. **REFRIGERATOR:** Roper, freezer on top, very good condition, \$150/obo. **TABLE & CHAIRS:** Dining set, round oak w/leaf & 4 high-backed chairs, \$150/obo. 503-702-3232, please leave message.

Auctions

SALEM: HUGE Coin Auction Sunday, July 12: 1pm, 630 Hawthorne Ave, SE Gold, Silver Dollars, Type, Bulk Lots, Coins, Currency, Tokens, Catalogue; MontesInc.com or 503-769-7183

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Cemetery Lots

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2 Indoor Mausoleum Crypts Approximate current market value: \$12,982. Sale price: \$10,599 (OBO) plus title transfer fee \$370 (negotiable). Crypt: Main Chapel Floor West 302, Head to Head. May be viewed with no appointment. Price includes: 2 open & close \$2416, 2 name bars \$1376. Located at: Forest Lawn Cemetery, 400 SW Walters Rd, Gresham, OR 97080. 541-997-1738

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Kubota B3200 Tractor 167 hrs. includes Flail, Bucket, Forks, Tiller 165 HOURS. New Condition. \$18,000.
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Rhythm and speech

Stuttering may be more than a speech problem, according to Michigan State University researchers.

They say children who stutter also have difficulty identifying rhythmic drumbeats.

“Stuttering has primarily been interpreted as a speech motor difficulty, but this is the first study that shows it’s related to a rhythm perception deficit — in other words, the ability to perceive and keep a beat,” said Devin McAuley, a psychology professor at MSU.

The underlying mechanism of stuttering is not clear, but the ability to perceive and maintain a beat is believed to be critical for normal speech because it serves as a pacing signal. Past research has shown that for adults who stutter, speech fluency improves dramatically when they speak in time with a metronome.

McAuley and colleagues tested a group of children who stuttered and a group who didn’t by having them listen to and then identify rhythmic drumbeats in the context of a computer game. They found that children who stuttered did much worse at judging whether two rhythms were the same or different.

He said the finding is important because interventions that improve beat perception in children who stutter might translate into more effective treatments to improve speech fluency.

Body of knowledge

The average life span of a human taste bud is 7 to 10 days. By age 60, most people have lost half their taste buds.

Number cruncher

A Dunkin’ Donuts maple frosted doughnut (70 grams) contains 270 calories, 135 from fat. It has 15 grams of total fat, or 23 percent of the recommended total fat intake for a 2,000-calorie daily diet, according to the Calorie Count database.

It contains no cholesterol but 340 milligrams of sodium (14 percent), 32 grams of total carbohydrates (11 percent), 1 gram of dietary fiber, 14 grams of sugar and 3 grams of protein.

ScottLafee



WELLNEWS

Get me that, stat!

People with depression are five times likelier to have a breathing-related sleep disorder than non-depressed people.

Counts

5: percentage of Americans who will experience hallucinations (hearing voices or seeing things others cannot perceive) at some point in their lives.

Source: John McGrath, Queensland Brain Institute

Doc talk

SOB: shortness of breath.

Phobia of the week

Agliophobia: fear of pain.

Never say diet

The speed-eating record for pigs’ feet and knuckles is 2.89 pounds in 10 minutes, held by Arturo Rios Jr. The feat left Rios’ competitors disgruntled.

Source: John McGrath, Queensland Brain Institute

Medical history

In 1993, a woman in Paris was surgically given two new lungs, both of which were cut from the single lung of a large man. The procedure was a first in a human. Success was especially significant for children in need, for whom finding donor lungs of the correct size is a problem.

Last words

“I can’t sleep.”
— James M. Barrie, Scottish writer (1860-1937), author of “Peter Pan, or The Boy Who Wouldn’t Grow Up.”

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Allergy sufferers keep Portland clinics hopping

By SCOTT KEITH
The Tribune

When you visit Allergy, Asthma and Dermatology Associates, located a short distance from Providence St. Vincent Medical Center, you’ll notice that the building sits next to a lush variety of trees, including maple, birch and pine.

Yet it’s these very trees that can bring an allergy sufferer to the Portland clinic on Southwest Barnes Road.

Dr. Rene Anderson-Cowell, one of the owners of the clinic, and other Portland doctors, are keeping busy during this particularly brutal allergy season.

An example of the severity of the allergy season can be found at Pollen.com, where in recent days, the website has listed Portland, Eugene and Salem as the “worst” allergy cities in the country.

Our climate seems to produce the “perfect storm” for allergy sufferers. Anderson-Cowell said we have a Mediterranean climate and, because we’re in a valley, we can get a pollen inversion.

“We get the cloud cover that comes over. It just kind of traps the pollen in,” Anderson-Cowell said, pointing out that June and July can be big months for this type of inversion.

When analyzing this year’s allergy outbreak, we can look back to the pleasant temperatures we experienced in winter and spring.

Dr. Barzin Khalili, medical director of the Allergy Clinic, said, “In general, when we have a milder winter — generally what you see is that trees start blooming and budding earlier. Whereas normally trees might start in February or March, this past year, they started in January.”

This equates to a much longer tree pollen season, he added.

“With the spring being generally warmer, drier, sunnier. That then promoted the grass pollen to start earlier than



Allergy season is in bloom and so are these flowering trees. TRIBUNE FILE PHOTO

usual,” Khalili said. “We were seeing grass pollen on our pollen counter even as early as late March, whereas usually we start seeing it in May. Our grass pollen sufferers will have to deal with a much longer pollen season than they would otherwise see.”

If you’re suffering from allergies this season, you’re familiar with the usual symptoms: Sniffing, sneezing, post nasal drip and itchy eyes. But more serious complications can develop from pollen allergies.

“When people get congested, their sinuses don’t drain and they can get sinus infections, or their ears don’t drain and they can get ear infections,” Anderson-Cowell said. “If their lungs don’t drain, they can get pneumonia.”

Asthma, according to Anderson-Cowell, is a secondary complication of allergies. She recalled a lightning storm several years ago.

“This fractured the grass pollen, pulverizing it and allowing it to get into the small airways,” she said. “This triggered an asthmatic response, which occurred in people who didn’t typically have asthma.”

When treating allergies, Anderson-Cowell, who is an allergist and clinical immunologist, said there are many over-the-counter options for milder allergies, such as medications

STEPS TO TAKE WHEN SUFFERING ALLERGIES

From Drs. Khalili and Anderson-Cowell

- If you return from time spent outdoors, remove clothes, change clothes and take a shower to get the pollen out of your hair.
- Keep windows closed and air conditioning on during the pollen months.
- Avoid being outside during mornings and early afternoons when there are higher pollen counts.

- Pets can bring in pollens; washing the animals can be helpful.
- Wear sunglasses.
- Pre-treat with antihistamines and nose sprays for one to two weeks before the pollen arrives. Continue medications daily through the pollen season.
- Home air purifiers can be helpful.
- If you need to cut the grass, wear a mask.

and nasal sprays.

If these products don’t work, it’s best to talk with your primary care doctor.

“They’re going to be your gate keepers,” she said. “If you’re entering into those secondary categories, where you’re getting infections (sinus or ear) or asthma, you should probably see the specialist.”

In addition to over-the-counter medications, you might consider asking your doctor about injections.

“It does take roughly about six months or so to start seeing the benefits of allergy shots,” Khalili said. “That’s why it’s not a short term fix. It does come with certain risks, like causing an allergic reaction.”

Allergies aren’t necessarily a life-long condition. “Someone who was previ-

ously allergic to something 20 years ago, can outgrow it many years later,” Khalili said, adding that, on the other hand, someone with no prior history of allergies can move to our valley and get exposed to high levels of pollen over the course of several years and develop allergies later in life.”

Khalili added, “Developing allergies are an interplay between environmental factors and genetics.”

Anderson-Cowell recalled a recent patient who had moved here from California. This patient, who lives in the country, was not accustomed to our pollen.

“She just couldn’t breathe. She was miserable. She needed to come right in,” Anderson-Cowell said. “We got her in. Hopefully she’s feeling a lot better. It was really a double whammy for her.”



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July 15 at 10:00 a.m.

Conf. Room A

July 20 at 5:00 p.m.

Conf. Rooms A and B

July 29 at 10:00 a.m.

Russellville Park

20 SE 103rd Ave. Meeting Room Portland, OR

July 21 at 1:00 p.m.

The Portland Clinic - Portland Downtown Office

1221 SW Yamhill St. Yamhill Conf. Room 2 Portland, OR

July 23 at 10:00 a.m.

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It's a photo as cute as can be



TRIBUNE PHOTO: JONATHAN HOUSE

In a great display of cuteness and care, Xander Perkins carries a lost Pomeranian up a hill at Roger Tilbury Memorial Park in Beaverton. Let's hope the little fella — the dog — found his home.

Graybeal: Natural athlete since childhood

From page 10

the APF-AAPF Primal Strength Fest.

But Graybeal wasn't quite gung-ho. The prospect of competing in her first powerlifting contest made the reserved side of her personality kick in. "At age 71, you don't envision yourself in a singlet," she says.

But, last June, Graybeal did indeed wear a singlet in a huge gymnasium filled with the clanking sound of powerful men and women lifting a whole lot of weights.

"The thing that shocked me most was that the equipment there was different from what I had been working out on," Graybeal says. "Then they called my name out. I was the very first person in the very first event."

Her results were awesome, and they propelled her to set world records a few months later at the APA-WPA Elite Fall Classic in Portland.

"They were no longer seeing me as an old lady doing re-

hab," she says with a smile. "I felt like an athlete again."

Graybeal has accomplished similar feats many times in her life. Even before she was a teenager, she found herself stunning others — and herself — with her athletic performances. As a 12-year-old, she played second base for the Rosebuds, a farm team of the then-famous Erv Lind Florists softball team.

"I was pretty darn good," she says.

A few years later, while a student at Lake Oswego High School, she heard there was going to be an AAU track meet. "That sounded like fun," she says. Graybeal whimsically entered the 100-yard dash and broad jump — with no training at all and wearing her P.E. uniform. She didn't even have any track spikes.

Having had enough track for one day, Graybeal left the meet early to go to a dance.

"I learned several months later that I had beaten the state broad jump record by a

couple feet," Graybeal says. "My friends made me a paper crown."

Later, she raced in the hurdles at a summer meet, finishing second — to an Olympic team alternate, she says.

Years later, Graybeal and her husband, Roger, were vacationing in Scotland and decided to play golf at a magnificent Scottish golf course. Graybeal had never played golf before. But she simply teed the ball up and smacked an awesome drive straight down the middle of the fairway. The golf pro could not believe his eyes.

"How long have you been golfing?" he asked. "An hour," Graybeal replied, then added, "I just did what you told me." But, "it was boring," she says.

Graybeal isn't giving up powerlifting, though.

"It sounds so funny when I hear that I'm a world-record holder," Graybeal says. "I couldn't believe it when I was in a muscle magazine. "It's kind of great, isn't it?"

Wilmes: Acts, sings and models

From page 10

gram next year," she says.

She and the other contestants have been in Baton Rouge since late June, competing in preliminary events in swimsuit, evening gown and interview. On the night of July 12, the finalists will be announced and a TV audience can watch the young women, with a new panel of judges, compete in those events live onstage.

Before she left for the competition, Wilmes said she wanted to be Miss Oregon USA to "help empower girls and women through promoting a focus on making their own happiness a priority. I especially like to visit schools to spread messages about self-awareness, positive body im-

age, and anti-bullying. Throughout the year, my duties include appearances and volunteerism."

Volunteerism is important to her, Wilmes says, "because I firmly believe that any act of kindness truly makes the world a better place. When people take time to help those in need, the positive impact is amazing."

Talent, modeling

Although the Miss USA pageant does not have a talent component, Wilmes has been singing classical music for five years and finds a lot of enjoyment in it.

"I especially love opera because it is a really beautiful, timeless art form, and I find it very relaxing," she says.

She also has been pursuing

a side career in modeling for a little over a year and says she loves every moment.

"My favorite job was for a Harley-Davidson clothing campaign that appeared online and throughout stores in Europe. I would like to continue modeling until I run out of opportunities," Wilmes says.

She adds, "I have participated in a lot of theater over the years and am looking forward to pursuing more acting opportunities in both television and film after my pageant career is complete. I truly find great enjoyment in the arts and feel that it is a great means to express myself."

Watch the Miss USA pageant at 8 p.m. Sunday, July 12, on Reelz. For more information about the pageant, visit missuniverse.com/missusa.

MovieTime

By JASON VONDERSMITH
The Tribune

The big screen

Last week, July 1, 3
"Magic Mike XXL"; "Terminator Genisys"; "Aloft"

This week, July 10
"Minions" (Universal), PG, 91 minutes

About — Stuart, Kevin and Bob are hired by a supervillain and her husband to help take over the world; Stars — Sandra Bullock, Jon Hamm, Michael Keaton, Pierre Coffin; Director — Kyle Balda/Pierre Coffin

"The Gallows" (WB), R, 116 minutes

About — An attempt to resurrect a 20-year-old tragic school play goes all wrong; Stars — Reese Mishler, Pfeifer Brown, Ryan Shoos, Cassidy Gifford; Director — Travis Cluff/Chris Lofing

Next week, July 17
"Ant-Man"; "Infinitely Polar Bear"; "Mr. Holmes"

Movies in the Park

Pre-movie entertainment at 6:30 p.m., music, popcorn and movies at dusk at Portland parks:

Wednesday, July 8: "Despicable Me 2," Peninsula Park, 700 N. Rosa Parks Way

Thursday, July 9: "The Prin-

cess Bride," Woodlawn Park, N.E. Claremont/Oneonta
Friday, July 10: "How to Train Your Dragon 2," Wilshire Park, N.E. 33rd/Skidmore
Saturday, July 11: "The Lego Movie," Kenilworth Park, S.E. 34th/Holgate
Sunday, July 12: "The Book of Life," Glenhaven Park, N.E. 82nd/Siskiyou

Home rentals

The latest top 10 digital movie purchases based on transaction rate, by Rentrak:

1. "Kingsman: The Secret Service"
2. "The Duff"
3. "Focus"
4. "Jupiter Ascending"
5. "McFarland, USA"
6. "Get Hard"
7. "The Spongebob Movie: Sponge Out Of Water"
8. "American Sniper"
9. "Project Almanac"
10. "Wild Card"

Other recent favorites: "Chap- pie"; "Run All Night"; "Survivor"

Doc spotlight

"Whitelandia"

It could be an interesting documentary about race and Portland. Producer Matt Zodrow wants to create an accurate documentation of the black experience in Oregon. It's scheduled for a late 2015 completion; producers are running an Indiegogo campaign. For info: whitelandia.com.

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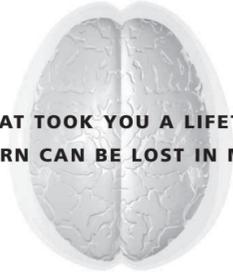
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Report:

From page 10

baseball. And no one has written better fiction about baseball than W.P. Kinsella. While he's best known for his novel "Shoeless Joe," which was later turned into the movie "Field of Dreams," Kinsella's short story collection is my favorite of his work. The magical realism short stories are captivating.

"Who Shot the Water Buffalo" by Ken Babbs (\$25.95 The Overlook Press, 320 pages): Babbs is best known as the sidekick for legendary Oregon writer Ken Kesey. After working for decades on his first novel, Babbs finally published it in 2011 and proved himself to be a phenomenal novelist in his own right. The novel about the Vietnam War is wonderfully written, funny, heartbreaking and a must-read.

"The Great Gatsby" by F. Scott Fitzgerald (\$15, Scribner, 180 pages): Why would I include a classic in a list of great summer reads? Especially one everyone was forced to read (or maybe pretend to read) in high school? Well, "Gatsby" is one of the most approachable classics out there. The writing is easy to read, the story is fast-paced, and the love story is timeless. The book also is short and takes place during a single summer.

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Grab a book, laze in the shade

Indulge in guilty pleasures with some light summer reading

By **STEPHEN ALEXANDER**
The Tribune

During the time I was living in Fairbanks, Alaska, I developed a theory about why the Russian classics are so long. See, when you're in Siberia without a television, there's not much to do other than read LONG novels.

The works of Leo Tolstoy and Fyodor Dostoevsky certainly provide hours worth of reading to ease the boredom of a long winter inside. But when the weather turns warm — as it certainly has in Portland the past few weeks — sitting around and reading “War and Peace” or “Crime and Punishment” are not exactly what you want to be doing.

Summer is a time to read light, or even trashy, books while you're sitting at the beach, or on your deck with a cold beverage. So now that summer is here, it's time to put down the Russians and pick up some easy reads. There will be plenty of time to read the hard stuff once the rain returns to the Rose City.

Here is a sample of some books to indulge in over the next few months:

■ “Ghostman” by Roger Hobbs (\$14.95, Vintage 385 pages): This first novel is a stunning achievement by Hobbs, a Reed graduate. It is beautifully written, fast-paced, action packed and exciting. The writing is very technical and intricate; however, Hobbs lays everything out for the reader in a easily digestible way. Hobbs takes a novel about crime, a subject we have seen and read about countless times, and makes it seem new and different.

■ “The Shell Collector: Stories” by Anthony Doerr (\$15.00, Scribner, 240 pages): With so much to do during the summer, sometimes you just don't want to take the time to read an entire novel. If you're looking for a book of short stories, “Shell” is a great place to start. Doerr recently achieved literary immortality by winning the Pulitzer Prize for his novel “All the Light We Cannot See.” Before that, though, Doerr wowed audiences and critics alike with this gorgeous collection of shorts. Like the very best short stories, the ones in “Shell” do not take long to read, but stick with you long after you've read them.

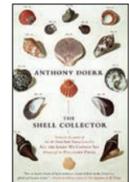
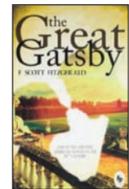
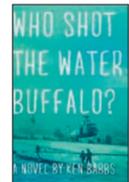
■ “Grey: Fifty Shades of Grey as Told by Christian” by EL James (\$15.95, Vintage, 576 pages):

This series has been universally panned. Ask just about anyone and they'll tell you what total trash it is. And that's all fine. No way to really argue that it's well written, or is anything but trash. But there's a reason the retelling of the supernova erotica novel “Fifty Shades of Grey” is the No. 1-ranked book on Amazon right now. It's the ultimate guilty pleasure. And what's more, if you decide to buy the book on your Kindle, you can keep the summer steamy and no one will ever know.

■ “Springsteen: Album by Album” by Ryan White (\$27.95, Sterling, 288 pages): There is no musician who embodies summer quite like Bruce Springsteen. A hot summer day is made complete by listening to The Boss croon about life in New Jersey, girls, cars and everything all things uniquely American. White, a former music critic at The Oregonian, gives deep insight into the music that makes summer complete. “Springsteen” is the perfect thing to read while listening to summer anthems like “Born in the U.S.A.” or “Backstreets.”

■ “The Thrill of the Grass” by W.P. Kinsella (\$12.77 used, Penguin Books, 128 pages): Nothing feels like summer more than

Book Report



Portland!Life

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TUESDAY, JULY 7, 2015



AT THE PEAK OF HER POWER

After taking up lifting at age 70 to help her rehab, Linda Graybeal becomes an accidental record-setter

By **CLIFF NEWELL**
Pamplin Media Group

Linda Graybeal's neck hurt.

She had stenosis, a cramped nerve in her neck that caused her arm to go painfully numb. She was told physical therapy would only do so much, but an operation was dead last on her list of options.

That's why the 72-year-old Lake Oswego woman took up powerlifting two years ago. In a life filled with sports, powerlifting was one exercise she had never tried. Many people would have chosen to mask their pain with pills, but not Graybeal.

“I believe in dealing with issues,” she says, “instead of giving in to my ailments. I didn't even know what powerlifting was.”

But Graybeal always has been a great natural athlete, and she had an outstanding trainer in Kyle Young at Boom Fitness Health Club in Tualatin. So her rehabilitation progressed very well. The pain and dysfunction in her neck and arm became less and less.



Trainer Kyle Young spots Graybeal during a recent workout at Boom Fitness. Young believed that Graybeal had the potential to be a competitive weightlifter.

And she also noticed something else.

“In the process, I was becoming pretty sturdy,” Graybeal says.

In fact, Graybeal became so sturdy that in June 2014, she set a combined total of 16 state and U.S. records in her age group in the squat, bench press, dead lift and total score.

was a little abashed, but also pleased and proud. Most of all, “I'd rather live, not just exist,” she says.

It's a philosophy she carried with her into the gym on the first day she met with Young. “I didn't want a namby-pamby program for an old lady,” she says. “That is what someone my age always gets stuck in. I wanted something that would challenge me.”

Young was just the guy to do that. He's a world-class weightlifter who can squat 675 pounds, more than four times his own weight. Young says he sees everybody as a potential weightlifter, and he was happy to recommend such a strenuous rehab program for Graybeal.

“When I described powerlifting to Linda, she said, ‘I could totally do that,’” Young says.

As Graybeal became more sturdy, she wanted to step up her rehabilitation program. That's when Young told her about the upcoming powerlifting competition in Portland —

See GRAYBEAL / Page 9

Linda Graybeal smiles at the idea of being a world record-setting powerlifter. She has always been a great athlete, but she never expected to end up in a muscle magazine.

PAMPLIN MEDIA GROUP PHOTOS: VERN UVETAKE



Show will go on for Bridget Wilmes, Miss USA hopefuls

Reelz network saves the day for Miss Oregon USA, who hopes to be crowned Miss USA on July 12

By **ELLEN SPITALERI**
Pamplin Media Group

Bridget Wilmes, Miss Oregon USA, is probably breathing a sigh of relief, now that Reelz has announced it will broadcast the Miss USA pageant on July 12.

And she's not alone. She and 50 other women from every state and the District of Columbia are competing in the Miss USA pageant, and all, no doubt, were worried when NBC cut ties with pageant owner Donald Trump because of perceived insensitive remarks he made recently. Controversy has swirled around the pageant, and several people have opted

not to be part of it.

But the pageant will go on in Baton Rouge, La., and Wilmes, 22, can continue to pursue her dream to represent Oregon and “have the chance of being hired for the job of Miss USA.”

The winner of the Miss USA pageant will go on to compete in the Miss Universe pageant.

Wilmes was crowned Miss Oregon USA in November. She is a 2011 graduate of Jesuit High School and attended Texas Christian University for two years, majoring in film, television and media production.

“Currently I am focusing on my job as Miss Oregon USA, modeling and planning on transferring to an online pro-

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Bridget Wilmes, a Jesuit High grad, hopes to “have the chance of being hired for the job of Miss USA.” COURTESY PHOTO