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Portland Tribune

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THE ETHICS OF BLUE'S BODY

■ Mother asks doctors to perform controversial Ashley Treatment to stunt disabled daughter's growth

By SHASTA KEARNS MOORE
The Tribune

At 3 years old, Blue was not expected to survive.

Six years ago, doctors sent her home to die. Calcium was leaching out of her bones and nothing they tried would stop it.

Her mother, Cyndy, who declined to give the family's surname, took her little girl home from Doernbecher Children's Hospital and prepared for the end.

Ever since Blue was diagnosed with infantile spasms at 2 months old, she had been on a cocktail of medications. The prescriptions never succeeded at stopping her seizures, but did make her constantly groggy or asleep.

"She was on so much medication that she wasn't waking up or anything," Cyndy

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ABOVE: Cyndy carries her daughter, Blue, to the bath to wash her hair. Her morning routine — including tube feeding, daily sponge baths and stripping her sheets — takes 2 1/2 hours.

LEFT: Mom Cyndy tickles Blue under her chin on the family couch

TRIBUNE PHOTOS: JAIME VALDEZ

EDITOR'S NOTE: This family has agreed only to talk to the Portland Tribune because its reporter is acquainted with the mother through a parenting group.



TRIBUNE FILE PHOTO: JAIME VALDEZ

Portland mayoral candidate Ted Wheeler must boil down his complex dealings as state treasurer for a more local group of voters.

Ted Wheeler knows business, but can it play in mayor race?

State treasurer must explain involvement in public-private partnerships, activists say

By NICK BUDNICK
The Tribune

In 2013, at the height of the battle over Portland's move to cap the Mt. Tabor reservoirs, opponents began linking Oregon Treasurer Ted Wheeler to the contractor they blamed for the plan and what they considered a stealth privatization push.

Now running for mayor after five years in statewide office, former Multnomah County Chair Wheeler has to introduce himself to these and other local voters all over again. He also finds himself having to explain that his support for private-sector partnerships had nothing to do with the still-bubbling reservoir fight.

The issue shows the fundamental challenge for Wheeler of having to explain to Portlanders his handling of complex financial topics, said Jim Moore, a Pacific University political science professor who now heads the Tom McCall Center on Policy Innovation.

It's a situation that Wheeler's main opponent, Jules Bailey, appears poised to exploit.

"He's going to have to have to answer these questions," Moore said of Wheeler. "Because that just gets into specifics. It doesn't fit on a bumper sticker or even in an hour-and-a-half public forum."

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Metro wage goal: \$15.52 by 2022

Brown proposal sets \$13.50 minimum for rest of state

By PARIS ACHEN
Capital Bureau

SALEM — Gov. Kate Brown unveiled a plan Thursday for a two-tiered minimum wage in the state.

The proposal, released on the same day as a 6 p.m. public hearing on the issue at the Capitol, would gradually boost the minimum from \$9.25 to \$15.52 in 2022 only in the greater Portland area.

Housing prices and the cost of living have prompted research-

ers from one Portland-area think tank to describe the need for a higher minimum as "urgent."

"The costs of essentials such as food, child care, and rent are rising so fast that wages can't keep up," Brown said in a statement. "Many Oregonians working full-time can't make ends meet, and that's not right."

In the rest of the state, the plan would hike the minimum to \$10.25 in 2017 and \$13.50 by 2022.

After 2022, the minimum would return to increasing in conjunction with the Consumer Price Index, the governor's office said.

The proposal will be presented to the Legislature during their 35-day session in February and March.

House Speaker Tina Kotek, D-Portland, and Senate President Peter Courtney, D-Salem, said Thursday they will push to pass the governor's proposal.

Kotek said she would prefer to raise wages in Portland faster than what's outlined in the governor's proposal. Still, she said, the plan gives businesses certainty and time to plan.

The plan still might not succeed in averting a battle over the minimum wage at the ballot box in November.

Petitioners for a ballot initiative to hike the minimum to \$15 statewide by 2019 say Brown's proposal falls short of Oregonians' needs, especially those living in the Portland metro area.

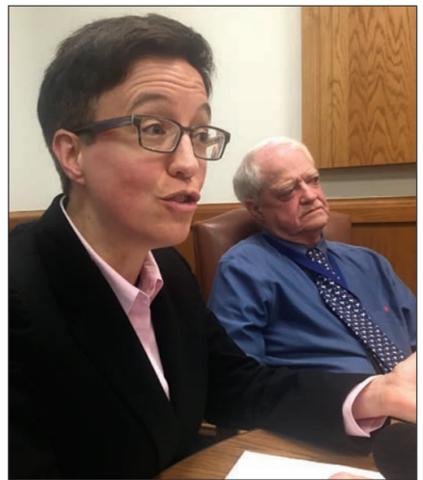
"Six years is too long," said chief petitioner Jamie Partridge. "People need \$15 now. The governor's plan is not enough to bring workers out of poverty. We can't expect prices to stay the same over six years."

Partridge said people throughout the state need \$15 per hour.

The \$15 initiative group also wants cities and counties to receive authority to increase the minimum wage higher than the state limit.

They said they plan to continue gathering signatures to place their initiative on the ballot. Justin Norton-Kertson, campaign manager for Oregonians for \$15,

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House Speaker Tina Kotek and Senate President Peter Courtney, at a press conference to discuss Gov. Brown's minimum wage proposal, said they'll support it in the February legislative session.

TRIBUNE PHOTO: PARIS ACHEN

Portland Tribune
Inside



YOGA HAS A LAUGH
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Wage: Some say initiative offers too little, too late

From page 1

said the group already has collected nearly 40,000 signatures and anticipates gleaning a total of 50,000 to 60,000 by the end of the legislative session in early March.

"We are well on track to have enough signatures collected by July to put this on the ballot," Norton-Kertson said Wednesday.

Business groups opposed to a minimum wage hike also are gearing up to try to defeat the

initiative.

Betsy Earls of Associated Oregon Industries on Wednesday advised lawmakers to spend their time on issues other than minimum wage.

"It sounds like ... there will be at least one ballot measure going forward no matter what," Earls said. "What I would say to you is we will have to fight that ballot measure probably so we will have to expend resources regardless of what you guys do. I would advise you to sit tight, do nothing."

Courtney said he thinks legislative action on the issue will drain momentum for the initiative campaign.

"I think if we do take this action and make it happen, as hard as it's going to be, that I think it really puts us in a situation that when the public goes to the polls, they have the ability to say, I think they took care of the minimum wage in a way we can live with and in a way we think is helpful to the wages of our working people."

The governor's proposal was

shaped through conversations with stakeholders in the public and private sectors, according to the governor's office.

The higher minimum wage rate would apply to Portland and other areas in its urban growth boundary. That includes the following cities and surrounding unincorporated areas: Hillsboro, Gresham, Beaverton, Tigard, Lake Oswego, Tualatin, Troutdale, West Linn, Forest Grove, Cornelius, Wood Village, Wilsonville, Sherwood, Fairview, Happy Valley, Damascus, Milwaukie,

Oregon City, Gladstone, Johnson City, Maywood Park, King City, Durham and Rivergrove. About 1.5 million people live within Portland's urban growth boundary, said John Williams, deputy director of Metro's planning and development department.

Brown's plan is separate from a proposal by Sen. Michael Dembrow, D-Portland, that would have set three different regional minimums around the state, said Chris Pair, a press secretary in Brown's office.

Dembrow said he plans to sup-

port the governor's plan.

"This proposal and the one that I've been working on are very close, so I don't see a need to go forward with mine," Dembrow said.

Another proposal out of the House Committee on Business and Labor would mimic a union-backed ballot initiative that would raise the minimum to \$13.50 around the state and give cities and counties authority to set a higher minimum. That bill is a placeholder for the legislative session and could be changed.

Growth: Bones could become denser, not longer

From page 1

dy says. Before her daughter died, "I just really wanted to get to know her, so I just started weaning her off the meds."

What Cyndy found was the more medications she removed, the more alert and responsive her formerly catatonic daughter became. Blue began smiling, had fewer seizures and — when Cyndy took her back for tests — she didn't have hypercalcemia anymore.

Blue eats "normally" now, by which her mom means a formula of complete nutrition via a plastic tube through her stomach wall, rather than an intravenous solution of saline. She lives at her Milwaukie home with two of her three siblings, goes on outings and enjoys music.

Though permanently and profoundly disabled, Blue is alive and alert.

She also is growing.

Blue's room is a pink palace of entertainment. It has to be; sometimes she stays in there for weeks at a time recovering from illness or injury.

She loves looking at the posters of herself and Christian music pop star Candice Russell from her Make-a-Wish days, or the pictures of the three young friends that she has lost to their own medical troubles, or the television playing Disney Junior.

Blue has fractured her right femur twice and her left femur six times, mostly during seizures. After the last bad break, she had surgery to put a rod through her leg bone. Her bones are too delicate to use a plaster cast so her caregivers could only use soft wraps.

The loss of calcium in her bones is no longer progressing, but the damage from the hypercalcemia has been done. Her mom says she has the bones of an 80-year-old with osteoporosis.

"The only way known to put back in (calcium) is bearing weight and walking," Cyndy



Blue, 9, undergoes a full-body X-ray to determine the density of her bones while her mom tries to keep her still.

says, "but she can't bear weight, so there's not a lot of options for her."

Oregon Health & Science University, which treats Blue, declined interviews for this story, citing medical privacy rules.

According to Cyndy, the proposed treatment for Blue is a drug that forces the calcium back into her bones. But if it fails, it could have the opposite effect, leaving Blue with too little calcium in her blood.

Cyndy says she is terrified that the drug's effects will send Blue into another spiral.

The night before the appointment with the endocrinologist, she stayed up all night trying to come up with a different solution.

Online, she happened upon a story she'd heard long ago, and everything clicked.

The Ashley Treatment is a rare medical procedure. It is even more rarely talked about publicly due to the passionate feelings it sparks.

The procedure is named af-

ter patient Ashley X in Seattle, whose parents had the procedure done in 2004. Their decision to talk publicly — yet anonymously, online — in 2007 exploded into a worldwide debate on the ethics of hormonally stunting the growth of a child with disabilities. For girls, this also includes removing breast buds and the uterus to prevent painful breast growth and menses, in effect sterilizing the child.

"This is a fundamental alteration of a fundamental function," says Rud Turnbull, a retired disability law expert from the University of Kansas. Turnbull says major considerations include whether Blue is capable of consenting to the procedure and whether there are any alternatives, such as more public funding to support Blue's caregiving or a different medical option.

"This is an unusual procedure. It is a fundamental change of the young lady," he says. "You want the issue debated as much as possible."

Pediatric medical bioethicist

Benjamin Wilfond of Seattle Children's Research Institute, part of the medical group where the procedure was first performed, co-wrote a paper in 2010 on the competing ethical views of the procedure.

The paper recommends this type of growth attenuation only be considered for a rare population — the one in a thousand people with disabilities who have so little physical and intellectual function that they will always be fully dependent on caregivers and incapable of making their own decisions.

Wilfond says some in the 20-person working group that produced the paper remained vehemently against the procedure under any circumstances. He says he finds their opinions rooted in the long and ugly history of institutionalization and forced sterilization of people with disabilities.

"To the extent that they are acutely aware that people with disabilities, in general, have been mistreated by society, they interpret this through that lens," he says. "It incites all of

MEDICAL TERMS

THE ASHLEY TREATMENT (GROWTH ATTENUATION OR GROWTH STUNTING): A controversial procedure in girls with profound disabilities in which the breast buds and uterus are removed and hormones are given to fuse growth plates and accelerate puberty.

HYPERCALCEMIA: Too much calcium in the blood. Typically a reversible thyroid disorder, but Blue did not respond to treatment.

CDKL5 (CYCLIN-DEPENDENT KINASE-LIKE 5): A rare genetic condition that alters a protein needed for development. Likely the cause of Blue's intractable seizure disorder, biochemical imbalances and atypical brain development.

BRITTLE BONE DISEASE: A severe lack of bone density.

growth attenuation is approved — as of press time Oregon Health & Science University would only say that it is still under serious consideration — Blue's growth would slow and then stop. She would still age, but would remain short and light.

Perhaps most importantly, her bones just might work on getting more dense instead of longer.

Wilfond says he is deeply worried by the family's decision to talk publicly about their desire for the procedure.

"While this may be a very reasonable thing for parents to decide to do ... the way political discourse has gotten in this country, it's so nasty," he says. "There will be somebody who is sending her death threats. I mean it very sincerely. There are crazy people out there."

Cyndy says she wants the world to know her story because she wants people to understand the realities of taking care of a person with profound disabilities. She believes Blue would want this and that it is in her daughter's long-term best interests. While she believes Blue can understand people, she also doesn't believe she will ever be capable of consenting to sex or be able to bear children. Because of Blue's brittle bones, Cyndy believes more length and weight ultimately will confine her to bed.

Cyndy says she has been forced to make countless huge medical decisions for Blue and doesn't see this as different.

"I think that in every other aspect of her life, I've been designated as the person who has to make decisions for her, and I've taken on that responsibility," she says. "I also know that she can tell me things that other people can't understand. ... I feel like I know her, and I know what she would want and there's just no arguing that."

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Metro to 'talk trash' with incinerator operator

Agency to open discussion with garbage facility

By STEVE LAW
The Tribune

After a months-long effort to engage the region to "talk about trash," Metro is shifting to formally evaluate two ways to reduce garbage sent to the landfill: burning it to produce electricity and filtering out more recyclables after garbage is collected.

Last Tuesday, the Metro Council directed the regional government's staff to open formal talks with Covanta, the operator of a

garbage incinerator in Marion County, to discuss sending one-fifth of the region's garbage there to be burned and converted to electricity. Though Metro's elected leaders still have serious concerns about the health and environmental risks of burning garbage, councilors want a thorough analysis of the costs and benefits of the idea, which figures to take a year or two.

Councilors also directed Metro staff to continue studying a method of extracting more recyclables from garbage after it's collected, a process known as Advanced Materials Recovery.

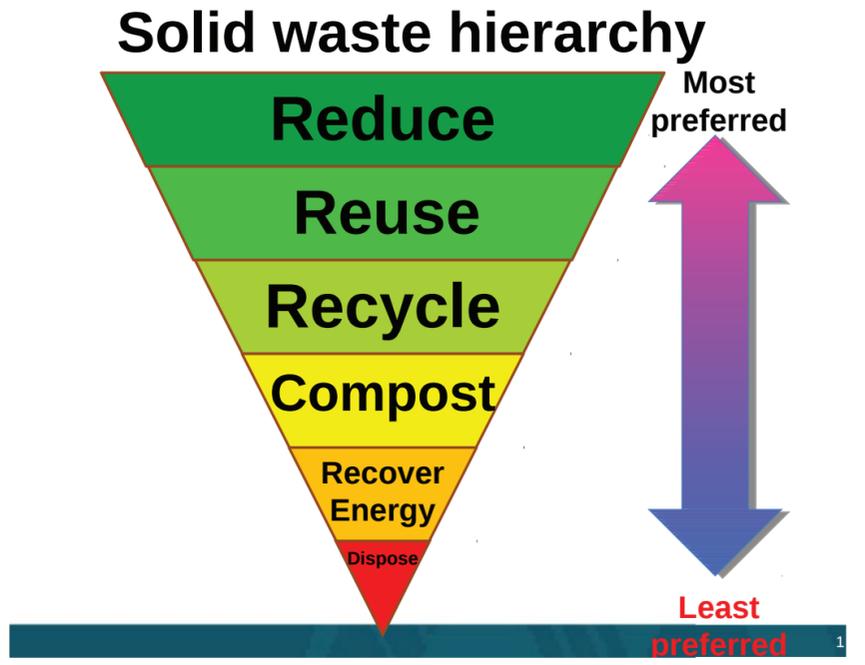
"We're narrowing our options here; we're not asking you to choose an option," Paul Ehinger, Metro's director of solid waste operations, told the Metro Council.

Metro's contract to send most of the region's trash to a landfill in Eastern Oregon expires in four years, so it's undergoing a thorough review of alternatives.

Deeper recycling

As Metro Councilor Shirley Craddock said Tuesday, Metro would be remiss if it didn't conduct its "due diligence" to evaluate new Advanced Materials Recovery methods. San Jose, Calif., offers the best example of the new technology, but Metro solid waste experts said it might not work as well here for several reasons. The Portland area already has a robust curbside recycling program, and Metro councilors want to keep improving that rather than create a costly new

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Federal and state environmental regulators use this graphic to evaluate the best options for handling garbage, starting from the top. Note burning trash is considered preferable to putting it in a landfill.

Wheeler: Infrastructure initiative breeds skepticism

From page 1

Pooling public, private sectors

Wheeler, for his part, said he's happy to answer such questions, and indeed, goes on at length about public-private partnerships during a recent half-hour interview over coffee. His goal is to see that large public construction projects are handled properly, he said.

"There is a long history in this state and across the nation of monstrosities screwed-up public works projects," he said, adding that his top example is Wapato, the unused jail built by Multnomah County for \$56 million. "It's a project that never should have made it to the drawing board because there was no need."

The aspect of Wheeler's record that has some Portland reservoir activists concerned has to do with an obscure nonprofit launched by Oregon, California and Washington, using foundation as well as state funding, after consulting with experts, labor unions, officials and pension funds. Called the West Coast Infrastructure Exchange, it's intended to promote public-private partnerships that connect private investors to public projects such as water treatment plants. Investors could recoup their funds through methods such as tolling on a road project.

Former Gov. John Kitzhaber's administration launched the plan, intended to help unions find local partners for infrastructure investment, while helping local municipalities pool their projects to make them more appealing for investors. With an early focus on energy efficiency initiatives, the infrastructure exchange became part of former First Lady Sylvia Hayes' agenda, and has been praised by the Clinton Global Initiative.

Seeking an early win, Kitzhaber's staff in 2014 tried to persuade Wheeler's former employer, Multnomah County, to involve the exchange in the project to build a new courthouse, but current County



Ted Wheeler says local officials need help to negotiate with investors and construction companies.

TRIBUNE FILE PHOTO: JAIME VALDEZ

Chair Deborah Kafoury says the numbers didn't make sense. Nor did officials appreciate what they viewed as a Kitzhaber aide's threat that if they didn't participate, the courthouse would receive no state funding.

Wheeler says that's news to him. "I was not involved in that. That was the governor and the Multnomah County commissioners' deal."

Privatization fears

Regardless, the exchange came to the attention of Portland reservoir activists in 2013 when they came across a report of the exchange prepared by CH2MHill, the large construction consulting firm hired to facilitate the nonprofit's work early on. The same firm was involved in the city's plan to cap the Mt. Tabor reservoirs, and Portland activists took note — linking the exchange to their fight as well as the global battle over water privatization.

The West Coast Infrastructure Exchange never had any involvement in the Mt. Tabor reservoir issue, say officials including Wheeler himself. But some Portland activists consider the issue related, and consider public-private partnerships to be a kind term for privatization. "Stop the WCX privatization plan," blares the Save Portland Water website.

Wheeler's involvement in the exchange — besides Kitzhaber,

he was the most prominent champion of the idea in Oregon — also drew criticism on the now-defunct blog run by Jack Bogdanski, who called the involvement of financial sector "money boys" suspicious.

Wheeler, however, says the exchange is intended to provide expertise for overmatched local officials to negotiate on an equal footing with the financial sector and contractors when it comes to public infrastructure projects. He says his support stems from his involvement in the early stages of the Sellwood Bridge project.

"We were going to be going out and negotiating with ... the largest and most sophisticated infrastructure development companies in the world, and as Multnomah County chair I realized there was nowhere I could go" for help, Wheeler said.

Though initially the infrastructure exchange was meant to be more aggressive in packaging and promoting public-private partnerships, the focus has narrowed to just providing expertise, Wheeler said. That's because people involved in the idea have realized local officials are even less sophisticated than was realized.

Reservoir advocate leans toward Wheeler

Floy Jones spearheaded the push for an independent Portland water district that went before Portland voters in May

2014. It was outvoted by a three-to-one margin, but Jones still has influence with many of the 30,000 voters who supported the idea. She says she's predisposed to supporting Wheeler — except for his involvement in the exchange. She said she needs to hear more from him before she'll vote for him.

Similarly, Johnny Dwork of Save Portland Water says he intends to grill Wheeler as well as his main opponent, Multnomah County Commissioner Jules Bailey, on the subject of public-private partnerships.

"My entire group is going to make this a campaign issue" in the mayoral race, Dwork says of public-private partnerships, which he considers a kind word for privatization. "We have 2,000 people on our (email) list in Portland alone and we have been waiting ... Portland's government has

only just begun to hear from us."

Bailey likely won't be among those raising questions about the exchange, or public-private partnerships — the latter a focus of his consulting business. He's worked on similar concepts and, when he was in the Legislature, also co-sponsored a 2013 bill to create a task force to promote the exchange.

Seizing political opening

But Bailey nevertheless stands to take advantage of Wheeler's track record of involvement in projects like this. The more Wheeler talks about partnerships with corporations, the more it highlights his comfort in dealing with the financial sectors. And as political pollsters know well, Portland voters have a strong anti-corporate streak.

Bailey appears to be trying to turn that sentiment against Wheeler despite the fact that the two appear to have similar liberal ideologies, said John Horvick, vice president and po-

litical director of the polling firm DHM Research, which is not working for either campaign.

"Observing the campaign, it sure appears that Jules Bailey sees that as one of his openings against Ted Wheeler," he added. Bailey "is exuding in his rhetoric more of that anti-corporate sentiment. You hear that in his language and in the way he describes himself and how he describes Ted Wheeler."

Wheeler, for his part, said he relishes the chance to talk about the infrastructure exchange, adding, "I understand that skepticism and it goes back to transparency and shared values." And he tried to distinguish his history from Bailey's.

"I've got a record, so repeatedly throughout this campaign I'll fall back on my record," Wheeler said, citing his involvement in the Sellwood Bridge project as well as the East County Courthouse and the county's mental health crisis center. "I have a record of capital construction success."

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COURTESY: PORTLAND BUREAU OF PLANNING AND SUSTAINABILITY

Portland City Council has adopted the Green Loop concept with the West Quadrant and Southeast Quadrant Plans for the Central City. It's now getting off the ground with the Design Week PDX challenge.

Contest seeks designs for walk/bike route

Public challenge kickstarts Portland's Green Loop project

By JENNIFER ANDERSON
The Tribune

Just a week after the city's BikeTown announcement, city leaders announced Loop PDX — a call for “bold, creative” design ideas to jumpstart the city's Green Loop project.

The Green Loop is a proposed six-mile pedestrian and bike

promenade that would link the east and west sides.

While it's been part of the Portland Bureau of Planning and Sustainability's Central City 2035 Plan, it's been just a concept, without a design or funding.

The University of Oregon John Yeon Center for Architecture and the Landscape and Design Week Portland issued the public challenge last week, hoping to kickstart the Green Loop into becoming a reality.

“Like Indianapolis' Cultural Trail, Tel Aviv's Rothschild Boulevard, and Manhattan's Highline, the loop has the po-

tential to become a significant amenity to an ever-denser city, helping to shape streetscapes, the skyline, and urban social life into a series of addresses connected by a promenade,” the LoopPDX flier reads.

Like the creation of the North and South Park Blocks, the fountain plazas, Gov. Tom McCall Waterfront Park, the Eastbank Esplanade and the Pearl District, Loop PDX aims to “seed a grassroots form of light infrastructure” that brings the loop to life by citizens and businesses to write a new chapter in

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Garbage: Health, eco concerns weighed

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system that may duplicate that effort.

About one-fifth of the region's garbage, or 200,000 tons a year of plastics, paper and other recyclable materials, could be extracted by hand from garbage on conveyor belts, said Rob Smoot, Metro's senior engineer. However, that is very labor-intensive and the equipment is relatively expensive. The process also makes the most sense if done at garbage transfer centers, where haulers bring the region's garbage. But there are six of them spread throughout the metro area.

San Jose has more centralized control of garbage, while Metro oversees a network involving 28 cities, each of which controls its garbage collection, and a mix of public and private haulers and transfer center operators.

Still, Metro envisions studying the Advanced Materials Recovery idea for another 12 to 18 months.

Health, environmental issues

Sending garbage to Covanta's facility in Brooks, four miles north of Salem, seems to have more political momentum, though it's highly controversial because of health and environmental concerns.

Though Metro received four expressions of interest from companies about burning the region's garbage, Metro councilors agreed it makes sense to engage in talks with just Covanta, which has the only facility in the area.

Covanta has a long track record, and offers a facility only 30 to 40 miles from where much of the region's trash is collected, considerably closer than the Arlington landfill that is 140 miles away in Eastern Oregon.

It's the most “cost-effective, low-risk opportunity” for garbage burning, Smoot said. Covanta already wants to expand its facility, and wouldn't need any money from Metro to finance that. Covanta would only require a guarantee that Metro send about one-fifth of the region's

garbage there, to assure it has a steady supply to burn.

Metro Councilor Bob Stacey, noting concerns expressed by Joe Miller of Physicians for Social Responsibility, cited the need to thoroughly evaluate the health impacts of micro fibers emitted from Covanta's smokestack, as well as toxic materials in the ash left over from combustion. Miller has said the process produces more greenhouse gas emissions than burning coal, and Stacey said Metro would need to explain to the public why there may be environmental advantages to burning trash.

Metro staff members note that a Solid Waste Hierarchy adopted into state law shows that the most desirable methods of handling trash, in order of priority, are to reduce it, then reuse it, and then recycle and compost it. At the bottom of the hierarchy — the least desirable methods — are turning trash into energy and then disposing of it in landfills.

Metro Councilor Sam Chase suggested that the landfill option may in fact be a better idea environmentally than burning trash.

As Stacy noted, there's little scientific data about the health impacts of the micro fibers, which can be as small as 100,000th the size of a human hair. It's also not currently regulated by the Oregon Department of Environmental Quality.

Metro Councilor Craig Dirksen seemed the most skeptical about garbage burning. “I guess I would question as to whether that's the best idea,” Dirksen said.

There is plenty of space for the region's trash in landfills now, he said, so perhaps Metro should put off the idea of burning garbage until more is known about the health and environmental hazards of garbage burning, or there are advances in technology.

But he joined other Metro councilors in directing staff to proceed with more research on the two alternatives.

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TRIBUNE FILE PHOTO

New home construction has not yet caught up to the demand created by the economy recovering since the end of the Great Recession.

Population growth found to drive rise in housing prices

Oregon still No. 1 in 'Top Moving Destination' study

By JIM REDDEN
The Tribune

People continue moving to Oregon at a record pace, with many, if not most, moving to the Portland area, contributing to rising housing costs.

Those increases are forecast to continue through 2016 as the region's real estate market continues to heat up.

For the third consecutive year, Oregon holds the No. 1 spot as the “Top Moving Destination” in United Van Lines' 39th annual National Movers Study, which tracks customers' state-to-state migration patterns over the past year.

According to the United Van Lines survey, Oregon has consistently climbed the ranks in recent years, increasing inbound migration by 10 percent over the past six years. Washington moved up to 10th in this year's survey.

“This year's data reflects longer-term trends of people

moving to the Pacific West, where cities such as Portland and Seattle are seeing the combination of a boom in the technology and creative marketing industries, as well as a growing ‘want’ for outdoor activity and green space,” Michael Stoll, economist, professor and chair of the Department of Public Policy at the University of California in Los Angeles, said in a United Van Lines press release with the survey.

Oregon's increasing popularity corresponds to sharp increases in housing costs, especially in Portland, where the City Council has declared a housing emergency because of the lack of affordable homes and apartments.

Portland home prices increased 10.9 percent in October from the same time last year, tying Denver and San Francisco at the top of the most recent monthly Standard & Poor's Case-Shiller home price index. The national average increase since last October was just 5.2 percent.

Such increases are expected to continue, with the research arm of a national real estate firm predicting Portland will have the 10th hottest housing market in the U.S. in 2016.

UNITED VAN LINES SURVEY

You can read the survey at: tinyurl.com/z84khoa

Portland home values are forecast to grow 5 percent this year, according to a study released by Zillow Real Estate Research on Jan. 12.

Home values in some Portland neighborhoods are forecast to grow even faster, the firm says. They include Woodlawn at 7.2 percent, Parkrose at 7.1 percent, Sumner and King at 7 percent, Brentwood-Darlington and St. Johns at 6.5 percent, and Kenton at 6.4 percent.

The forecasts are based on home value appreciation, low unemployment rates, and strong income growth. Because of that, some cities ranked ahead of Portland are forecast to have lower increases in home values.

“Trendy tech centers like San Francisco, Seattle and Denver hogged the spotlight in 2015. But this year, the markets that shine brightest will be those that manage to strike a good balance between strong

income growth, low unemployment and solid home value appreciation,” says Zillow Chief Economist Svenja Gudell.

A new ranking released on Jan. 13 by HomeVestors of Dallas, Texas, said Portland was No. 6 on the list of the Top 10 cities for real estate investing during the last part of 2015.

HomeVestors worked with Local Market Monitor, a real estate forecasting company, to develop the list. Cities on the list had real estate markets that heated up in the final three months of the year.

“Due to a shortage of home construction since the recession, local housing markets with a strong economy will experience more demand than supply in the next few years,” said Ingo Winzer, president and founder of Local Market Monitor. “This will create higher priced homes and rising rents.”

Criteria to make the list include a population that had been growing at above-average rates (4 percent or better) with growth coming from people moving in search of jobs; a job growth of 2 percent or better; and low unemployment.

jredden@portlandtribune.com

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Space-reservation deadline for all legal notices is **Thursday 10 am one week prior to publication.** Please call Louise Faxon at (503) 546-0752 or e-mail legals@commnewspapers.com to book your notice.

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NOTICE TO INTERESTED PERSONS

NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative. All persons having claims against the estate are required to present them, with vouchers attached, to the undersigned personal representative at c/o Law Office of Karen B Dawson PC, 5695 Hood St, West Linn, OR 97068, within four months after the date of first publication of this notice, or the claims may be barred.

All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the lawyers for the personal representative, Karen B. Dawson, 5695 Hood St, West Linn, OR 97068.

Dated and first published on January 19, 2016.
/s/ Richard Gardner
Personal Representative

Publish 01/19, 01/26, 02/02/2016. PT1441

Hundreds turn out to have say in school boundary changes

District panel nears decision on actions to ease overcrowding

By SHASTA KEARNS MOORE
The Tribune

A sea of Skyline yellow, Lincoln blue and Riecke white flooded into the Blanchard Education Service Center Thursday evening as T-shirt-wearing parents and students came to make their voices heard during Portland Public Schools' boundary change process.

There were no official estimates of the number of people at PPS's main office building, but observers guessed around 200 — one of the largest crowds seen there.

"We're excited to see a big crowd," said district spokeswoman Christine Miles. "That means people want to be involved and want to be engaged."

A parent representative for each school was given two minutes to speak to the District-wide Boundary Review Advisory Committee at the beginning of the meeting. Many questioned changes to their neighborhoods, expressed frustration with the process and voiced concerns over racial and socioeconomic inequity in the current scenarios.

Melissa Frantz, PTA president at Chief Joseph/Ockley Green K-8 School that is split across two campuses, expressed outrage that the community might be disrupted again.

"The fury and heartache I feel over the latest modeling ... drives me to the brink of hopelessness," she said. Calling herself a "first-generation gentrifier" she implored DBRAC members to find an alternative to turning King PK-8 school to a PK-5 school. "It sucks. It stinks to displace children."

DBRAC was meeting to discuss its first draft of recommendations to Superintendent Carole Smith, focusing on the westside schools for now. It will take on the challenges east of the Willamette River this spring, with a decision before the end of the school year.



TRIBUNE PHOTO: SHASTA KEARNS MOORE
The room is packed for a boundary hearing at Portland Public School's Blanchard Education Service Center on North Dixon Street.

Smith will make her recommendation for changes to be implemented next school year to the school board by the end of February, which will allow her to include the changes in her concurrent budget process.

Few K-8s will be left

The current proposals for relieving overcrowding and boosting funding by boosting populations at underenrolled schools would convert many K-8 programs back to an elementary/middle school model. But DBRAC chair Jason Trombley said the committee doesn't want to do middle schools "as

usual." The draft proposal calls for fewer, smaller middle schools "to help foster familiarity and relationships."

For the schools that remain K-8 programs, the committee also wants the district and the teacher's union to address a disparity in instructional time between middle-grade students at K-8s and middle schoolers.

Trombley calculated that with 15 minutes less instructional time per day, older students in K-8 schools were missing out on a total of 10 school days a year compared to kids in middle school programs.

"That's something that we're

BOUNDARIES

Major proposals in DBRAC's Jan. 14 recommendations:

- Move a boundary between Ainsworth and Chapman schools to relieve overcrowding at Chapman.
- Move the Odyssey magnet program out of Hayhurst to either Smith, East Sylvan or Jackson middle school buildings.
- Middle schools of 450 minimum enrollment
- North Portland to have two middle schools rather than the three initially proposed by the district
- All K-8 programs should move to a K-5/middle school if they have enough kids for three sections per grade, except Skyline, Faubion and possibly Sunnyside.
- Implement grade reconfigurations no earlier than 2017.

Visit pps.net/departments/enrollment-transfer/9522.htm for much more information, including an address-finder to see how proposals might affect you.

going to have to address if we're going to have K-8s in the system," he said.

The next meeting — at 7:30 p.m. Jan. 19 at Wilson High School — will consider the second version of the draft recommendations as well as high school boundaries, something the committee hasn't attacked yet.

Among the other considerations yet to be fully addressed are transportation and implementation.

"I have a question overall about the district's adequately funding this whole change," said DBRAC member Hector Roche.

Brian Unflat, a parent at Riecke Elementary School in Hillsdale, said that, despite the brief public comment period, he felt heard by the committee.

"They are listening," he said. "It's kind of a thankless job."

Unflat said he believes the long-term solution is for city planners to work with the district to identify opportunities for new schools in areas with a lot of growth.

"It's wonderful that cities grow ... but without great education for the next 50 years, our city won't be a great city."

shasta@portlandtribune.com

Police poll: Officer morale low as gang violence increases

By JIM REDDEN
The Tribune

Gang violence is continuing to increase in Portland, and the police union is blaming low officer staffing levels.

The Portland Police Bureau's Gang Enforcement Team (GET) was assigned 193 cases last year, far more than the 118 in 2012 that was the previous record. Last year's toll included 15 people killed, 75 people wounded, and more than 1,000 rounds fired in the city, many of them striking homes.

"Last year was a difficult year," said Portland Mayor Charlie Hales. "It was a terrible box score for tragedy."

Eight more shootings were assigned to GET during the first two weeks of the year and two more were reported over the weekend, tying the 10 reported in all of last January. People were wounded in three of the shootings, while homes and cars were struck by bullets in the others.

The figures were released during the first Community Peace Collaborative public forum of the year last Friday. The group brings representatives of regional law enforcement agencies, social service agencies, community organizations and others who work with at-risk youth together to reduce gang-related violence.

The North Precinct meeting was chaired by Hales, who credited those in attendance for helping to keep the figures from being any higher.

"You're doing good work," said Hales, who is in charge of the bureau. "It may not seem like it some times, but you're doing the right things."

Hales also noted the meeting included police officers and members of the city's minority communities.

"The relationship you see in this room is something you don't see in some other cities these days," Hales said.

The figures were released three days after the Portland Police Association released a survey of its members that found 79 percent believe that there is a high or very high relationship between low bureau staffing levels and crime rates.

The survey also found 97 percent believe low staffing levels are negatively impacting morale

PPA SURVEY

The full survey results can be read at: surveymonkey.com/results/SM-RB666KLQ/

at the bureau, among other things.

"Without a doubt, low morale amongst the rank-and-file in the Police Bureau has a significant, negative impact on our work within our community. We're frustrated because insufficient staffing prevents us from proactively engaging the public, proactively preventing crime, and from investigating and solving crimes expeditiously," said Portland Police Association President Daryl Turner, a police sergeant.

But Hales blames the survey responses on needed changes he and Police Chief Larry O'Dea are making. Hales said they include training to de-escalate confrontations and a body camera program that will begin soon.

"Chief O'Dea has my full confidence and support as he continues that work. I expect there will be occasional controversy and resistance as he re-shapes the Portland Police Bureau to meet our community's expectations," Hales said shortly after the survey was released.

Hales does not deny Portland needs more police. The survey was released as he is preparing the ask the City Council to approve incentives to help fill 40 currently vacant officer positions and additional positions expected to become vacant due to retirements in the near future.

According to the Portland Police Association, 697 members (82 percent) responded to the survey. Other results include:

- 96 percent rate overall morale at the bureau as poor or below average.
- 85 percent rate the bureau's leadership as poor or below average.
- 88 percent do not believe that the bureau's leadership is responsive to recommendations of PPA members.
- 85 percent do not believe that the bureau rewards strong job performance.
- 80 percent would not recommend employment with the bureau to a friend or colleague.

jredden@portlandtribune.com

Loop: Link for east, west sides

From page 4

Portland's history of urban innovation."

Design submissions are due by Feb. 29.

Up to five finalists will be selected to present their scheme at Loop PDX's public event during Design Week PDX, April 18 at Jimmy Mak's jazz club.

The winner or winners will receive up to \$20,000 to further develop and implement their schemes.

As proposed, the Green Loop would connect the two sides of the Willamette River at the Broadway Bridge and Tilikum Crossing, and link the Pearl District/Old Town, West End, Cultural District, PSU, South Auditorium, South Waterfront, OMSI, Central Eastside and Lloyd District.

The loop may be a linear path, a series of connected places, or both.



TRIBUNE FILE PHOTO

The Green Loop project aims to boost active recreation, mobility and connectivity throughout the city. Design submissions are due Feb. 29.

Besides physically linking the two sides of the city, the goals are to amplify neighborhood character, boost recreation, create more public spaces, connect neighbors and re-envision the city.

Loop PDX's four key themes are renewing a tradition; reflecting Portland as a city of the future; generating dialogue; and designing to implement, buildable within months.

"Be fearless," the flier urges. Some of the elements might include public art; trees and landscaping; stormwater facilities or other urban heat island mitigation; street furnishings, such as water fountains or trash cans; lighting and wayfinding; viewpoint space; and interpretive elements.

The challenge is open to anyone, especially architects, urban designers, landscape architects and others interested in designing built pieces and creating places. Designs could include specific art, furniture, signage, and other elements that would create dynamic public space.

For more: DesignWeekPortland.com/Competition.

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Keep food scraps out of landfills

MYVIEW

By Tom Hughes

As residents of the greater Portland metropolitan area, we share a collective pride about our efforts to reuse, recycle and compost a lot of what we throw away.

Metro is charged with managing the system that makes this possible. And thanks to the participation of residents and businesses around the region, we can all be proud of the work we do together to protect our health and the environment.

After reducing, reusing, recycling and composting our stuff, we still generate about 1 million tons of garbage in the greater Portland area every year. Most of it goes to landfills, much of it to one landfill about 150 miles east of Portland. The contract that has kept this arrangement in place for almost 30 years expires in 2019.

Right now we have a rare opportunity to rethink part of that system to make sure we're doing as much as we can to reduce the impact of our waste on communities and future generations. It's the garbage part of that system: What do we do with the garbage? How might we make the most of it?

While landfills will continue to be a destination for a significant portion of our trash, they pose environmental challenges we must consider. Garbage sitting in a landfill releases methane, a stronger greenhouse gas than carbon dioxide. Reaching the major landfill that serves the Portland region requires dozens of trucks to drive hundreds of miles up and down the Columbia River Gorge each day. The Metro Council is looking at a few alternatives that could reduce what we send to landfills in favor of using garbage as a resource instead.

One way to do that is to get more food scraps out of our waste stream and use them to make compost or generate energy. Nearly one-fifth of the garbage of our region is food scraps, about 180,000 tons a year. The Metro Council is committed to finding ways to keep that food out of landfills and put it to better use.

Another option could be to convert some portion of our trash into electricity. Right now Metro is studying that very possibility. Last week the Metro Council directed its staff to explore this idea with a facility near Brooks, Ore., that has been creating energy from garbage since 1987.

Producing energy from garbage is not a new approach. Many places throughout the United States and Europe have used this technology for years. Some facilities are woven into the fabric of urban communities, including one in downtown Minneapolis next to the Minnesota Twins' ballpark, which receives heat generated by the garbage plant.

The only garbage combustion plant in Oregon, the Covanta Marion facility, is right next to I-5 just a few miles north of Salem. You may never notice it as you drive past. This two-story facility, with its candy-striped chimney, burns most of Marion County's garbage and creates enough electricity to power 8,000 homes — a city the size of Woodburn.

Proponents of waste-to-energy

say it is cleaner than burning fossil fuels for electricity and releases far fewer greenhouse gases than the methane that the same garbage would generate in a landfill. It could also help us reduce transportation costs and related emissions. We still need more information before we can determine whether this is a good value for the region. We need to study the facility's environmental and operational track record. And we need to closely evaluate whether combustion is a better choice for the environment than sending that garbage to landfills.

We at Metro, together with communities around the region, will continue our efforts to prevent waste, promote the reuse and recycling of materials, and make the most of our food scraps and other organic waste. But we're also going to continue to have garbage, and lots of it. The Metro Council will make decisions about managing garbage in a way that protects the public's health, protects the environment and gets good value for the public's money. That's why we should take this opportunity to carefully consider whether we can make the most of our garbage, a resource we literally throw away.

Tom Hughes is Metro Council president. Contact: tom.hughes@oregonmetro.gov



HUGHES

Burning waste is an unhealthy idea

MYVIEW

By Joe Miller

As reported in the Jan. 7 Tribune, the Metro Council is considering sending "one-fifth of the tricomounty area's trash, about 200,000 tons a year," to the Covanta Marion waste-to-energy incinerator in Brooks as one of its combination of three options for dealing with the region's waste when current contracts expire in 2019.

The other options are the continued use of landfills, and the development of Advanced Materials Recovery facilities.

Metro's proposal flies in the face of widespread and growing consensus by the citizens it represents that we urgently need to move from being a high-carbon society based upon dirty fossil fuels and high levels of extraction, waste, pollution and global warming gases ... to a low-carbon society based upon clean forms of energy, equity, health and low levels of waste, pollution and global warming emissions.

It's exactly these changes that our Climate Action Plan, our policies moving away from fossil fuels, and our policies promoting sustainability throughout our communities are designed to achieve. Metro is promoting waste-to-energy in-



MILLER

cineration, in part, because it produces electricity. But this is electricity created by burning materials using an outdated and expensive technology that squanders the energy and resources embodied in the materials during their lifecycle, pollutes the environment, releases global warming gases, and slows and undermines the transition to clean, renewable, low-carbon sources of electricity.

Most, if not all, citizens and officials in the Metro region advocate moving away from coal-generated electricity as rapidly as possible because of the pollution, environmental destruction, health impairment, and global warming emissions coal produces. Yet, based upon U.S. Environmental Protection Agency data, waste-to-energy incinerators produce even more pollution and global warming emissions per unit of electricity produced than coal-fired power plants.

The Energy Justice Network reports that "to make the same amount of energy as a coal power plant, trash incinerators release 28 times as much dioxin than coal, 2.5 times as much carbon dioxide, twice as much carbon monoxide, three times as much nitrogen oxides, six to 14 times as much mercury, nearly six times as much lead, and 70 percent more sulfur dioxides."

Why would Metro promote and perpetuate a technology that is even more dirty than coal per unit of electricity produced, and a technology that is totally inconsistent with the values and policies championed by the citizens and communities it represents?

Metro also is promoting incineration to reduce the volume of waste. While incineration reduces volume, it doesn't destroy waste. What incineration really does is to change the form of the waste, increasing the availability and/or toxicity of many of the pollutants it contains, and then releasing these pollutants as either air emissions, wastewater emissions, or incinerator ash. For every four tons of waste burned, at least one ton of ash is created. Ten percent of this ash is the highly toxic fly ash from the incinerator's air pollution controls. Covanta Marion's incinerator ash is sent to Coffin Butte Landfill north of Corvallis and used as daily cover.

Metro says its proposal to send one-fifth of the region's waste to Covanta Marion will require doubling the size of the plant. Marion County officials and Covanta have long sought expanded incineration capacity, and would welcome such an outcome.

Expanding Covanta Marion will undermine the intent of Oregon's renewable portfolio standard (RPS), the requirement that Oregon's largest utilities "provide 25 percent of their retail sales of electricity from newer, clean, renewable sources of energy by 2025."

Covanta and industry lobbyists are doing their best at state and federal levels to get all or some of the waste burned at waste-to-energy plants designated as producing "renewable energy." To the extent that they are successful, incinerator corporations and investors will have incentives to invest in additional incineration capacity to meet the RPS, rather than electricity produced by clean solar, wind or other truly renewable, low carbon sources of energy.

Many caveats must be applied in evaluating claims that an incinerator is in compliance with state and federal regulations. One exceptionally important caveat is the fact that the most health impairing and deadly forms of particulate air pollution — nano-size ultrafines (1/1000th to 1/100,000th the width of a human hair) — are neither regulated nor measured, but yet are released in vast quantities by incinerators.

Metro should focus on continued improvement of its excellent waste reduction, reuse, recycling and composting programs, and its current emphasis on getting food scraps out of the waste. No one likes landfills, or the air emissions produced by them or by transporting waste to them, but the way to reduce both is to reduce our total waste as well as food scraps waste.

Joe Miller is a member of the Oregon chapter of Physicians for Social Responsibility, and previously served on its board of directors. Email: jmillersmc@q.com



TRIBUNE FILE PHOTO

George Duvendack takes a reading on energy produced from rotting trash at the Riverbend Landfill in McMinnville. Metro is exploring burning some of the region's trash to produce electricity in Brooks.

READERS' LETTERS

What's public benefit in ramp revamp?

I read with interest the Jan. 7 article on the desire and need to realign the Morrison Bridge ramps in the wake of the Mark partnership taking control of the site for the proposed James Beard Public Market (to be topped by a privately owned high-rise).

This seems like yet another Portland project virtually guaranteeing a tidy income for private parties, while vague about the likelihood of the ultimate public benefit. In

any case, I was wondering if in the run-up to spending millions on that ramp realignment, the head of the Portland Transportation Bureau might be able to scrape together a crew to practice paving. Southwest Cardinell Drive just south of the 12th Street overpass would be a great choice.

I estimate more than 10 percent of the road surface is severely compromised; it looks like something in developing country and is getting

worse by the day. I drive down it daily and pray every time that I don't bounce out of one of the pothole ruts onto the flat-roofed building off the hillside to the east. How about it, Mr. Novick?

Tammy Goesch
Southwest Portland

Red Sweater Project deserves support

Thank you for the feature story ("I can have an impact,"

Jan. 5 Tribune) on Ashley Holmer and her dedication to the Red Sweater Project in rural northern Tanzania.

Over the past several years, a team from Architects Without Borders-Oregon (awboregon.org) has been working with Holmer to design buildings and a campus master plan for the Mungere School referenced in the article. This school, which began with a two-classroom building, will grow to include more classrooms, a library, science and

computer laboratories, international staff housing, an edible landscape and kitchen gardens, a sports field and other structures, thereby serving several hundred students.

It's been most rewarding to partner with someone as organized, enthusiastic and committed to positive change as Holmer. Her fundraising efforts deserve everyone's support.

Rod Merrick, AIA,
for Architects Without Borders-Oregon
Southeast Portland

Memorial Tributes

To place an obituary, go online to any of our newspaper websites and fill out our easy to use form.

In Loving Memory



Judy Spry

February 15, 1952
- January 13, 2016

Judy was born in Illinois in 1952. She has a twin sister Janet and they are the oldest of five girls; Peggy, Margaret and Debbie are her other sisters. Her older brother James is deceased, and she has a brother David that is retired in Gresham.

Judy worked at Portland Hospital Services for a few years and then became a caregiver for the rest of her career. She enjoyed working for private families instead of retirement homes. She always connected with her patients and treated them like family. They all loved Judy and she made them feel loved as well.

Judy was married two times and had children, Koni, Michael and Randy. She met her husband Richard on August 8, 1981 and they married on December 16, 1983. She had six grandchildren and her great joy was being around them. She was preceded in death by stepson Michael Spry.

Judy dearly loved the lord, reading his word daily and listening to praise music whenever she could. She liked to share her faith and prayed often for family, friends and strangers.

Judy liked the outdoors and liked to camp and go fishing.

She will be deeply missed by all who knew her, until we are together again in the presence of our Lord and Savior, Jesus Christ.

A viewing will be held Wednesday, January 20 from Noon to 8 p.m. and a funeral service will be Thursday, January 21 both at Gresham Memorial Chapel 257 SE Roberts Ave. Gresham.

The family suggests contributions to the East Hill Church Benevolence Fund.

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In Loving Memory

Patti Lynn Swift

April 6, 1953 to January 3, 2016

Patti was born on April 6, 1953 to Bob & Thelma Walker. She grew up in Troutdale, attended Troutdale & Fairview grade schools & graduated from Reynolds H.S. in 1971.

In 1974 she met & married Mike Swift. They settled in Boring to raise their family.

She loved her flowers and gardens, fishing, golf and just being outdoors. Most of all, she loved caring for her home and family.

The Lord called her home on Jan. 3, 2016. She will be missed by her husband, daughter Jenny and Harley Graves, son Paul and Jeanne, dad Bob, brother Lonnie, sister Connie, and seven grandchildren.

Her spirit and smile will be missed by many friends and family. Memories may be shared at a casual Celebration of Life on Jan. 30th at Yoshida's Gardens, 29330 SE Stark from 2-5 pm.

In lieu of flowers, gifts can be made to OHSU Foundation/OHSU Brain Bank.



534744.011916

In Loving Memory

Bonnie Lea Enstad Aschoff

August 17, 1943 – January 2, 2016

The family of Bonnie Enstad Aschoff invites friends to a celebration of her life on Saturday, January 23, from noon to 3:30PM, at Arrowhead Golf Course, 28301 S. Hwy. 213, Mulino. Bonnie lived most of her life in Oregon City and was a member of Oregon City High School, Class of '61. She is survived by children Toni Ihander, Jackie Reed, Rod Main, and Brandi Hanks, six grandchildren, two great-grandchildren, father Dean Enstad, and sisters Maurice Henderson and Terry Enstad.

In Loving Memory

Charles John Thompson II

January 22, 1944 to December 29, 2015

Charles was born in Pinehurst, N.C. He graduated from Petersburg HS in 1963, and moved to Portland Ore. in 1970 to work as an electrician.

Charles is survived by his son, Charles III; brother Daniel M. Thompson; and sister Lisa Maria Thomasson.

A memorial service will be held at the Golden Crown of China restaurant in Beaverton on January 22, 2016 at 2 P.M. Read more about Charles at www.cjt2.com



Jack Mounts

December 27, 1924 - January 11, 2016

Jack Mounts, 92, of Gresham, died Monday, January 11, 2016 at a care facility in The Dalles, Oregon. A graveside service with military honors will be held on Saturday, January 16, 2016 at 11 a.m. at the Lexington Cemetery.

He was born December 27, 1924 at San Pedro, California, the son of Samuel and Alice Kandie Mounts. He was raised and attended school at San Pedro where he graduated from high school. In 1942 Jack entered the United States Coast Guard, serving in Amchitka, Tarawa, Eniwetok and Saipan all in the Pacific Ocean, he was honorably discharged in 1945. He then attended Whittier College and the University of California, Berkeley graduating in 1950.

On April 22, 1956 he married Audrey Majeske at Lexington, Oregon. The couple lived in California, Colorado, Louisiana, and Washington, as well as Heppner, Maupin and Portland, Oregon. Jack worked for the U.S. Forest Service from 1950 until his retirement in 1978.

Jack loved golf and played in all kinds of weather until age 82, he also enjoyed boating, camping, and fishing with his son and traveling with his wife Audrey, who preceded him in death in 2013. He was a Boy Scout Leader, active in PTA, Lions Club, American Legion, Elks Lodge, and the Izaak Walton League.

He is survived by his son Stephen, a grandson Kenneth, granddaughter Jana and great-grandsons Colton and Beckett.

Memorial contributions may be made to the Holly Rebekah Lodge, PO Box 626, Lexington, Oregon 97839.

Sweeney Mortuary of Heppner is in care of arrangements.

541516.011516

In Loving Memory

William Earl Wells Jr.

May 9, 1926 - December 3, 2015

William (Bill) was born to William Earl Wells Sr. and Vivian Lucile Montgomery on May 9, 1926 in Denver, Colorado. Bill had a younger brother, James (Al) Wells whom preceded him in death, and a younger sister, Doris Lovene Wells, who lives in Spokane, WA.

In the summer of 1941 Bill and his family moved to Spokane, WA. He attended the 10th grade at North Central High School. They then moved to Laramie, Wyoming where he attended the 11th grade, and in the summer of 1943 the family moved to Clarksville, Arkansas where Bill graduated from Clarksville High School on May 19th, 1944.

Bill had joined the US Navy in March and immediately left for Boot Camp at Camp Wallace, Texas. He spent two years in the US Navy as a Radio/Sonar Man. He was assigned to the USS Harding, a mine sweeper which took part in the invasion of Okinawa in April of 1945. His ship was hit by a Japanese Kamikaze

plane and was severely damaged with 38 of his crewmates being killed. The ship was made sea worthy and eventually returned to Norfolk, Virginia. From there he was assigned to the aircraft carrier USS Franklin D. Roosevelt. Bill was honorably discharged from the Navy in June 1946.

When Bill returned home he attended Gonzaga University for three years. It was in 1949 that he moved to Seattle, WA to live with his Mother and sister and went to work for Frederick and Nelson Dept. Store. He met and married Phillecta Jane White in 1951 and they had two children, Karen Denise Wells and David Brian Wells. Bill and his wife divorced in 1961 and Bill moved back to Spokane. It was here that he took a position at the Davenport Hotel and where he met Gayle Shirley Jewell. Bill trained as a purchasing agent and was transferred to a hotel in Seattle and then to San Francisco. Bill and Gayle were married in 1968 and had

no children.

He was then transferred to the prestigious Century Plaza Hotel (an 800 room hotel for the rich and famous) in Los Angeles as head of the purchasing dept. for the next 23 years. Bill retired in 1993 and he and Gayle moved to King City, OR in 1994. Gayle died in August of 2011.

Bill was very active in King City's KCCA and had been President for 8 years. He was an avid golfer and was President of the men's golf club for a few years. It was through golf that he first met Sam and Margaret Cooley. Sam passed away in February of 2010. Having known each other for seventeen years, Bill and Margaret began dating and after three years decided to tie the knot on February, 7th of 2015. Sadly Bill passed away after a short hospital stay on December 3, 2015.



In Loving Memory of

Virginia Mae Penn Till

February 13, 1928 ~ January 7, 2016

Virginia was the third of ten children born into the Penn family. They lived in a rural dwelling in "the bottoms" near Scurry, Texas, about 25 miles southeast of Dallas. Seeking to improve their lot, they moved to the big city. When a traveling evangelist pitched his tent nearby, Virginia was drawn to attend the meetings, and there she received Christ as her Lord and Savior at the age of nineteen.

Conscientious in her new faith, Virginia joined a Bible-teaching church, and the young convert grew spiritually. She became a spiritual leader in the church, especially among others her age. She and a number of them enrolled at Columbia Bible College in Columbia, South Carolina (now Columbia International University). She relished the entire four year Bible program, graduating Magna Cum Laude.

Virginia became a member of First Baptist Church of Dallas, the largest Southern Baptist church in the world — it even had its own bowling alley! On New Year's Day, 1954, a student at Dallas Theology Seminary, arranged "blind" bowling dates for fellow students with single young ladies of the

church. One of the ministerial students, George Till, agreed to join the group paired with Virginia. To make a long story short, this was the beginning of a 62-year relationship of love and ministry. Virginia and George were married on May 20 of that year in the chapel of the church.

During George's various ministries, Virginia's support meant a lot to him. She also developed a ministry of her own, all while raising their three daughters and a son. Her wit and inspiration as a Bible teacher attracted over a hundred ladies a week during one quarterly series.

She has been a blessing to those who have known her.

In the Fall of 2007, Virginia was asked to teach a three month Bible study on the book of Job in a neighboring church. Just weeks after concluding this, she was admitted to a nursing home, suffering from Parkinson's disease. On January 7, 2016 at 2:30pm, surrounded by her three daughters, she passed peacefully into the arms of her Lord and Savior.

Virginia was preceded in death by her son, Stephen George. She is sur-

vived by her husband of 61 years, George Albert Till; and daughters, Becky Macey (Brent), Donna Munsey, Marti Durkee (Randy); and 7 grandchildren, James, Devan, Lauren, Shane, Katelynn, Stephen, and Conor; plus one great-grandson, Emmett. She is also survived by two brothers, Kenneth Penn and James Penn of Dallas, Texas.

The family wishes to thank the staff and caregivers at Town Center Village and Milwaukie Loving Care Home for their love, compassion, and friendship. She touched many lives while she was in their care.

Her funeral service will be held on Saturday, January 23, 2016, 11:00 a.m. at Montavilla Baptist Church, 9204 SE Hawthorne Blvd., Portland, OR 97216.

In lieu of flowers, the family suggests donations be made to the Northwest Parkinson's Foundation or Montavilla Baptist Church of Portland, Oregon.



541516.011516

In Loving Memory

Ruth Eleanor Parnell

April 1, 1929 to December 27, 2015

Ruth Eleanor Parnell was born April 1st, 1929 in Astoria, Oregon to Hilja (Eskola) and Franz Fransen. Ruth had 6 siblings, Walter (JoAnn) Fransen, Albert Fransen, Helen (Blaine) Mack, Audrey Brown, John (Bobby) Fransen and Shirley Tinner. Ruth was very proud of her Finnish heritage. She graduated from Astoria High School in 1947 and then went to work for the Dept. of the Navy at Tongue Point as head secretary to the commanding officer where she remained until the birth of her first child in 1956.

Ruth was a charter member of Beta Sigma Phi in Astoria.

She met Robert (Bob) Parnell and they were married Dec. 18th, 1954. They had 2 children, Paula Swift (Rick) of Gresham and Brian Parnell of Shelton WA, and 2 grandchildren, Daniel Swift of Gresham and Ryan Swift (Kelsey) of Portland. In 1967 they moved to Gresham where Bob became Principal at Gresham High School. Ruth retired from the Gresham Barlow School District. She was active member of P.E.O.

Ruth loved gardening, cooking, entertaining and preparing holiday meals. Her biggest joy was spending time with her friends and family. She was a devoted wife, mother and grandmother. She loved spending time at their cabin at the beach. She was a Portland Trailblazers fan and had season tickets for many years. Ruth and Bob were snow birds and spent many winters vacationing in Palm Desert, CA.

Ruth passed away peacefully Dec. 27th of Alzheimer's disease. She is survived by her children Paula (Rick) Swift, Brian Parnell and her grandchildren Daniel (Rick) and Ryan (Kelsey) Swift. She was preceded in death by her husband Robert Parnell, her brother John (Bobby) Fransen and her brother Albert Fransen.

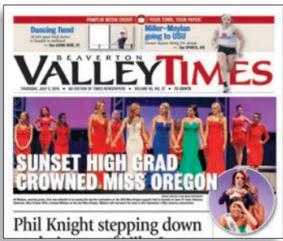
Services will be held at Gresham Memorial Chapel Saturday, January 23rd, at 1:00.

Contributions to Mt. Hood Hospice or charity of choice.

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Madrone Wall, a former rock-climbers' haven, will reopen after successful campaign to ward off quarry, raise funds

By ELLEN SPITALERI
Pamplin Media Group

Keith Daellenbach was smitten after his first time rock climbing at Madrone Wall, a 1,000-foot-wide cliff face soaring up to 100 feet high, back in 1997.

But soon after that, the Damascus natural area — a haven for Portland-area rock climbers for decades — was abruptly closed off by Clackamas County so it could put a quarry there.

A quarry “would destroy an irreplaceable amazing civic treasure,” says Daellenbach, who grew up in rural Albany and now lives in Northeast Portland. So he formed the Madrone Wall Preservation Committee, and has devoted much of the past 18 years trying to block the quarry and protect the natural area for the public.

Now, thanks to a \$88,590 grant from the Clackamas County Tourism Development Council plus money gathered by Daellenbach's committee and other partners, the Madrone Wall property will become a park open to all, along the Clackamas River Bluffs near Highway 224 and Southeast 197th Avenue.

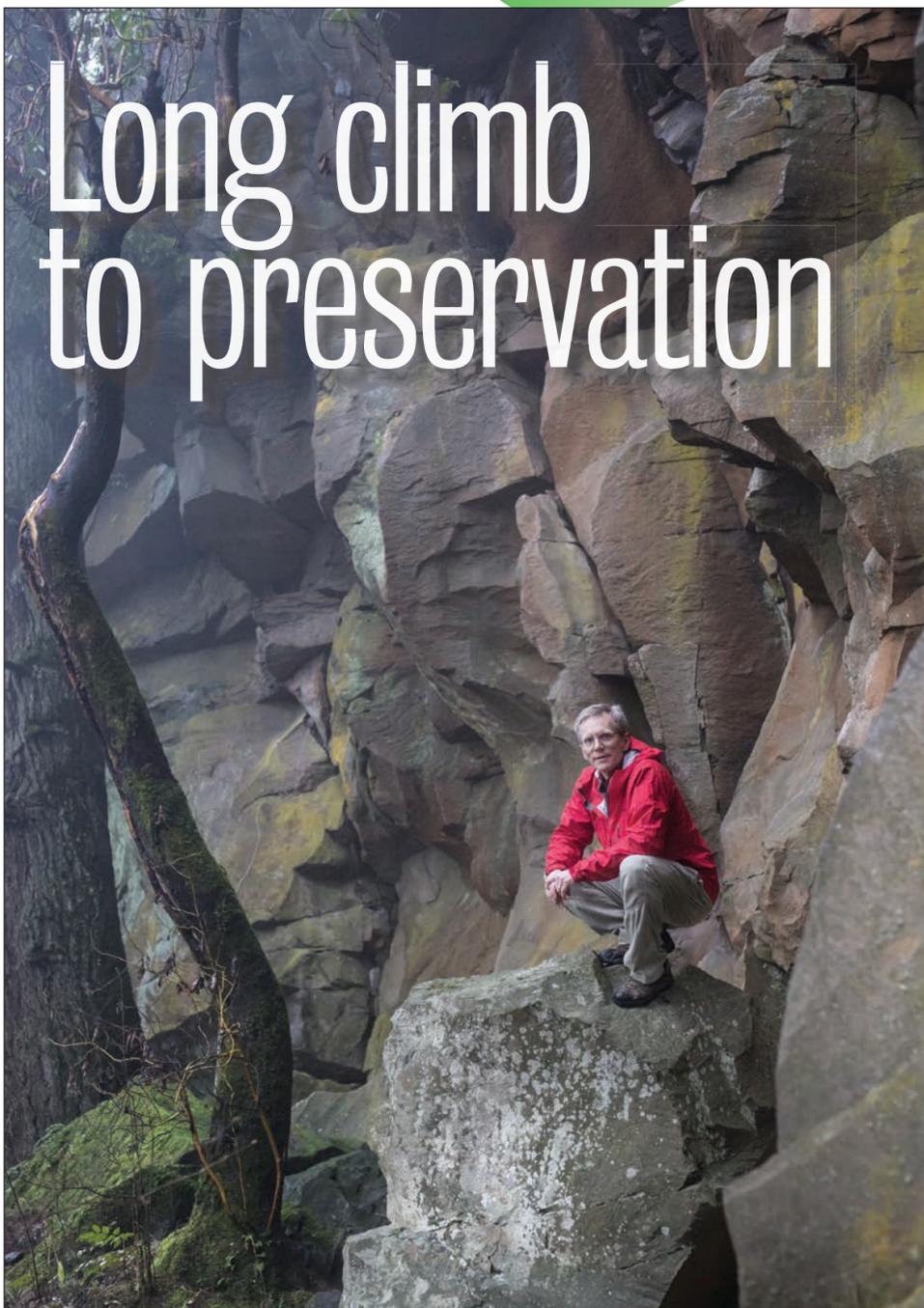
Construction of a 20-foot-wide gravel access road, 20-vehicle parking lot, handicapped parking, vault toilet restrooms, bicycle parking and a new gate, signage and trailhead kiosk is set to begin in late summer or early fall and be completed by December. There'll also be an asphalt connection linking the access road to Highway 224 and a nearby TriMet bus stop.

Madrone Wall Park will formally open to the public on July 1, 2017. Plans are to open the park only during the second half of the year, leaving it closed the first half to protect nesting peregrine falcons that inhabit the cliffs.

“This new park will give local citizens and visitors alike the opportunity to walk and hike on

Find out more

- Contact Keith Daellenbach at kdaellenbach@att.net or visit savemadrone.org or [facebook.com/madronewall](https://www.facebook.com/madronewall)
- Contact Rick Gruen, manager of Clackamas County Parks and Forest, at 503-742-4345 or rgruen@clackamas.us



Keith Daellenbach has been leading the Madrone Wall Preservation Committee for more than a decade. Clackamas County finally has agreed to turn the former rock-climbing mecca into an official park.



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STATE AGENCY VIDEOS OFFER TIMBER INDUSTRY SLANT

Institute is funded by timber taxes, governed by timber interests

By PAUL KOBERSTEIN
For Pamplin Media Group

The Oregon Forest Resources Institute, a state agency created by the Legislature in 1991, lists one of its chief goals as providing “objective information about responsible forest management.”

But critics say its materials seem more like propaganda. “I would call it greenwashing,” says Mary Scurlock, coordinator of the Oregon Stream Protection Coalition, comprising 23 conservation and fishing groups.

Mike Cloughesy, Oregon Forest Resources Institute's director of forestry, says many of its educational products are aimed at sixth-graders, not the general public, and therefore might lack the nuance an older audience would expect.

However, this writers' review of the 29 educational videos posted to OFRI's website, oregonforests.org, which bills

See TIMBER / Next page

Find out more

- Oregon Forest Resources Institute: <http://oregonforests.org>
- Pacific Rivers: <http://pacificrivers.org>

Deal could help Oregon regain leadership on climate issue

A potentially landmark deal between environmentalists and Portland electric utilities could phase out coal power in Oregon and speed its replacement with wind, solar and other renewable energy.

The deal, announced Jan. 6, would avoid a ballot measure slugfest this coming fall, but only if the Oregon Legislature approves the compromise in its brief session next month.

Under the deal, PGE and Pacific Power committed to halt selling coal power in Oregon by 2035. They also assured that half the energy they sell here by 2040 will come from green, renewable sources, not counting hydro-power. The deal also could boost the use of electric vehicles in Oregon and make it easier to build large solar energy complexes.

Renew Oregon, a coalition



PGE is a minority owner of the Colstrip coal plant in Montana, shown here in a 2008 aerial photo, and struck a deal to continue using the coal from that plant until 2035, five years later than a proposed ballot measure would allow.

PHOTO COURTESY DAVID HANSON

of environmental groups working on a similar ballot initiative headed for the November ballot, struck the deal with the state's two big electric utilities, along with the Sierra Club, which has been leading the charge against coal power here and national-

PGE and Pacific Power officials say the compromise provides them more flexibility than the ballot measures would to phase out their coal plants and assure the transition to renewables doesn't unduly burden their customers with major rate increases or over-tax the electric grid sys-

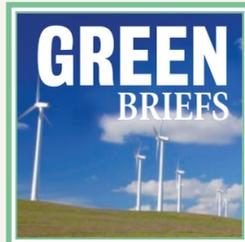
tem. The utilities also won new provisions that could help them build electric vehicle charging stations at peoples' homes and workplaces, and get reimbursed via electric bills. In addition, the utilities won a provision making it easier to do “community solar” in Oregon, which makes it easier to finance and build large-scale solar projects and also is a top goal of the city of Portland.

Reusing airline seat covers

Portland-based Looptworks is giving new meaning to the phrase “sitting pretty.”

The certified B Corp's latest partnership is with Alaska Airlines, repurposing seat leather from its sister company Horizon Air into wallets, laptop sleeves, totes, cross-body and messenger bags.

The new Looptworks “Carry-on Collection” is keeping 4,000 leather seat covers out of the landfill, the company



says. One pound of leather requires 2,109 gallons of water to create.

Horizon replaces its seat covers periodically as a part of its maintenance procedures.

Looptworks is working with a local nonprofit that employs and trains adults with disabilities to deconstruct and clean the leather, which is then sent to craftspeople in Washington and Oregon.

Boosting CSAs

More Portlanders can pick up their weekly veggie share

at their church, clinic or gym, thanks to a program funded by a new state grant.

Led by Portland State University and Zenger Farm, the Community Supported Agriculture Partnerships for Health program is expanding. The program pairs a local farm with a local organization that signs on as a pickup site for the CSA produce.

The new state grant means the program can sign up eight new community organizations or employers to provide veggies to another 350 families.

Funds from Kaiser Permanente and the U.S. Department of Agriculture will aid the expansion and support outreach to low-income communities.

Employers interested in participating may contact Bryan Allan, program manager at Zenger Farm, bryan@zengerfarm.org.



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Madrone: Should be a tourist draw

■ From previous page

nature trails in a natural open space unlike any other in the northern Willamette Valley," Daellenbach says. Bikers, hikers, students, scout groups and many others will benefit from access to the park, he says.

"Of course, as a rock climber and mountaineer, it is easy to recognize that this is the very best rock-climbing area of regional significance, near to roughly half of the state's population," he adds. "Clearly this will be a major new county tourism asset when it opens."

Eighteen years may seem like a long time, but it's just a blink of the eye compared to how long it took to form Madrone Wall.

"The geology of this site dates to 660,000 years ago, when lava emanated from vents on the bluff above Madrone Wall which, over eons, exposed the cliff face by the meandering Clackamas River across the lower basin's drainage," says Rick Gruen, Clackamas County Parks and Forest manager.

When Daellenbach learned the county was prepared to turn this geologic gem into the Hardscrabble Quarry, he formed the Madrone Wall Pres-



Keith Daellenbach looks up at the Madrone Wall. PAMPLIN MEDIA GROUP: JONATHAN HOUSE

ervation Committee, made up mostly of rock climbers. They, in turn, reached out to local citizens who had no idea a quarry was planned. In 1999, the group incorporated as a nonprofit organization, and the quarry plan ultimately was abandoned.

North Clackamas County Parks and Recreation began the process of planning a park at the site in 2008. After years of meetings, public comments and hearings, the Clackamas County Board of Commissioners declared the property as Madrone Wall Park in June 2010.

But much of the actual work turning it into a public park is happening this year, thanks to the grant from the Clackamas

County Tourism Development Commission.

"This kind of outdoor recreational resource and tourist draw is rare, and cannot be created from scratch in short order for any amount of investment," Gruen says. "It will open as a regionally significant public park at which local citizens and tourists alike will be able to visit, stay, shop and eat in the local area, learn from, and appreciate its unique natural amenities."

Daellenbach wants others, including his 10-year-old son, to have the opportunity to unplug, learn from and experience this natural site first-hand.

"We owe this to future generations," Daellenbach says.

Timber: Fish habitat impaired

■ From previous page

itself as "a site for all Oregonians," found none that were balanced with viewpoints other than those of industry. OFRI maintains a separate website just for kids, learnforests.org.

The institute is funded by a tax paid by timber companies. It is controlled by a 13-member board of directors, 10 of whom must own timberland or work for a forest products company.

One board member represents the public and is jointly appointed by the Senate president and the speaker of the House of Representatives. By law, the public representative "may not be a member of or significantly affiliated with any organization" known to support or promote environmental or conservation issues.

Until recently, the board chair was Calli Daly, government affairs manager for Georgia-Pacific, a timber company owned by Koch Industries. That's owned by Charles and David Koch, who have donated millions of dollars to organizations trying to weaken environmental laws and deny climate change. Daly's term on the board expires in January.

One of the videos on OFRI's website deals with climate change. Titled "Carbon Capture," it blames various human activities like driving and using electricity for releasing greenhouse gases that are causing global temperatures to rise, but fails to acknowledge that forestry practices also are releasing greenhouse gases.

Video offers a different view on timber industry

The messages in the Oregon Forest Resources Institute's videos stand in stark contrast with the content of a new video produced by Pacific Rivers, a Portland-based environmental group. "Behind the Emerald Curtain" exposes harmful practices occurring on Oregon's private timberlands, showing streams that have been logged without buffers, landslides caused by logging on steep slopes, and pesticides sprayed from the air that have drifted into homes.

"Behind the Emerald Curtain" has received two awards and been accepted by several film festivals, including the national Wild & Scenic Film Festival in Nevada.

A public screening is scheduled at 7 p.m. Wednesday, Feb. 24, at the Mazamas Lodge, 527 S.E. 43rd Ave., Portland.

Recently, a report from Geos Institute, an Ashland-based group, identified clear-cutting and the use of forest chemicals and fertilizers as the second-largest source of greenhouse gas emissions in Oregon. In addition, the report concluded that logging, as practiced in Oregon, causes landscapes to become more susceptible to wildfires, landslides, floods and warm waters that kill salmon.

Cloughesy countered that in the short term, forestry can cause an increase in greenhouse gases, but replanting after logging reduces carbon di-

oxide in the atmosphere. He acknowledged, however, that this perspective is not mentioned in the "Carbon Capture" video. "That's a fair point," he says.

OFRI videos place the Oregon timber industry's overall environmental record in mostly a positive light. Its video, "The Oregon Way: Protecting Fish Habitat," acknowledges that 1960-era clear cuts in a coastal forest caused "tremendous increases in stream temperatures and effects on the cutthroat trout population." Nearby, where only patches of trees were cut, "we didn't see those large changes in temperature and shifts in the fish population," the video says.

Since that time, it notes that Oregon has enacted forestry regulations that "have made Oregon one of the premier areas for protecting water quality and fish habitat."

But data released by the Oregon Department of Environmental Quality suggests some of those regulations do not go far enough to protect fish. The DEQ reports that 7,732 river miles in the Coast Range are impaired because temperatures are too high for salmon. Statewide, it reports that 67.4 percent of all river miles in Oregon, and 96.7 percent of lake acreage, violate water-quality standards, mainly the result of poor farming or logging activities.

In November, the Oregon Board of Forestry agreed, and took action to reduce temperatures in streams near logging sites.

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SportsTribune

PAGE B1

PortlandTribune

TUESDAY, JANUARY 19, 2016

HOOD TO COAST RELAY MAKES RUN TO CHINA

Yao Ming forms partnership with Portland race organizers

By JEFF SMITH
The Tribune

Dan Floyd has many labels in life. He's a proud Portland native. He's a husband. He's a successful businessman. He's the head baseball coach at Central Catholic High. He's an avid sports fan.

Despite being the Chief Operating Officer for the popular Hood to Coast Race Series, though, Floyd admits there's one label he can't claim.

"I wouldn't call myself a runner," Floyd says.

But Floyd, who joined the Hood to Coast team in 2013, had long been in awe of HTC's "Mother of all Relays," which begins each August at Mount Hood and ends at the coast in Seaside. That's why Floyd, previously director of public affairs and government relations for Safeway Inc., was thrilled to join an athletic-based company with so much demand from consumers.

"The Hood to Coast Relay is a 34-year-old race and remains the most popular and longest relay race in the world,"

Floyd says. "Every year, 40,000 people get turned away. At Safeway, if 40,000 people were outside your door and they wanted another doughnut or a loaf of bread, you'd make more doughnuts and bread for them. Supply and demand.

"So our entire plan here was, if there are 40,000 people trying to give us money, let's create more running events for them."

The HTC Race Series has gradually added run/walk events throughout Portland and in nearby Hillsboro, West Linn and Tualatin. But Floyd, 36, and his team continued to think of potential ways to expand even further, especially when seeing HTC entrants from all 50 states and 37 countries.

"It's become a bucket list item for people from all over," Floyd says.

In November, instead of foreign runners coming to America to experience the HTC, the famous relay is heading overseas. The same Hood to Coast Relay formula that has worked for 34 years in Oregon will take place in China.

With an official title of Hood to Coast China, the event marks the first time the HTC brand has gone global. And the Portland-area company has one global sports figure to help thank for the new venture.

"We knew we were trying to grow, but when Yao came to us, it allowed us to skip about 100 steps," Floyd says.

That would be Yao Ming, the former NBA All-Star who has helped spearhead the popularity of running in his home country of China.

See RELAY / Page 3



Basketball legend Yao Ming (left) is teaming with the Hood to Coast Race Series and its Chief Operating Officer, Dan Floyd (far left) to bring a version of the popular running event to Yao's China.

COURTESY: HOOD TO COAST RACE SERIES
TRIBUNE FILE PHOTO:
JONATHAN HOUSE

Move to Division II presents benefits, challenges for Cavs

OnCollegeHoops

Concordia climbs up from NAIA with eyes on long term

By JASON VONDERSMITH
The Tribune

Concordia has taken some lumps in its inaugural season in the NCAA Division II Great Northwest Athletic Conference.

Last week, Western Washington beat the Cavaliers 119-95. Nationally ranked Seattle Pacific shot 66 percent against the Cavs in a 91-63 win in early January.

But, Concordia enters the week with three GNAC wins, and its 5-10 overall record pleases 22nd-year coach Brad Barbarick.

"We're a young team. We graduated seven seniors off a 25-win team that won the (NAIA) Cascade Collegiate Conference," he says. "This year, it's no seniors, new conference, new challenge, and no prerequisite knowledge of some of the



Concordia University coach Brad Barbarick (left) talks with Drew Martin, one of four Cavaliers from Sunset High.

COURTESY:
CHRISTOPHER
OERTEL

places we're going. And, the GNAC is one of the tougher NCAA Division II conferences in the country.

"People say it's a huge step. But sometimes people don't realize how good the Cascade Conference is. It comes down to depth (in NCAA D-II)."

Ambitiously, Concordia made the move from NAIA sports to NCAA Division II, but Barbarick has full confidence that it's going to be good in a long-term view. In basketball,

the men's team now has 10 scholarships to give, an increased athletic budget pays for more plane travel and being in Portland can only help the program.

"We're going to have to address some things related to facilities," he says. "Our gym is small compared to everybody else in the GNAC."

For Barbarick, ushering the Cavs into NCAA D-II play "is a great challenge, there's a newness to it. The challenge really

lies in establishing consistency with a program, which we had done in the past four or five years."

The Cavaliers sport four players from Sunset High among their strong contingent of Portland-area players. The starters have been: Drew Martin (6-8 junior, Sunset), 15.5 points and 6.9 rebounds per game; Latrell Wilson (6-3 junior, Arcata, Calif., Cabrillo

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Magic happens for OSU women

CORVALLIS —
Through most of her 3 1/2 seasons in an Oregon State uniform, Deven Hunter has been a role player. A jack-of-all-trades, dirty-work type of warrior who toils outside the spotlight.

But Sunday night was her time to shine — and just when the Beavers needed her most.

The 6-3 senior forward from Salem's McNary High collected season highs in scoring (19 points) and rebounds (12) to lead 12th-ranked Oregon State (14-3 overall, 5-1 in Pac-12 action) past 11th-ranked Stanford (14-4, 4-2) 58-50 at Gill Coliseum.

"That's the game of her life," OSU coach Scott Rueck said of his four-year starter. "There's so much passion in Deven. Sometimes it hurts her, but most of the time it helps her, because she wants to win so bad."

"She is the smartest player on the floor every night. She knows what's coming. She's a point forward. And she impacts the game in so many ways for us."

Hunter did her work in the trenches, as usual, but she also stepped out to knock down 5 of 7

KerryEggers



ON SPORTS

3-point attempts in a game when, for the longest time, no other Beaver could find her shooting touch. Hunter had never before made more than two treys in a game, nor attempted more than four.

"In warmups, I didn't miss one," said Hunter, who had attempted only 18 3s the entire season before Sunday. "During the game, I was like, 'Don't think about it. You're going to miss every single one.' But I just went for it. They were open shots."

"For some reason, the one thing Deven has doubted is that shot," Rueck said. "She has deferred to teammates. Tonight, we needed it. That was the shot (the Cardinal) were giving us, and she rose to the occasion. We saw that competitive fire that lives in there come out in a

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Carlin-Voigt kicks off 'new era' in Pilots men's soccer

Kalamazoo product has ties to Timbers coach Caleb Porter

By STEVE BRANDON
The Tribune

While he gives a nod to both the past and the recent present, it's all about the future for Nick Carlin-Voigt and his Portland Pilots men's soccer program.

The 34-year-old from Kalamazoo, Mich. — a former youth club mate of Timbers coach Caleb Porter — fully took the University of Portland reins last week, holding his first team meeting and laying out his vision.

Carlin-Voigt was associate head coach at UCLA the past four years. He replaces Bill Irwin and is the fifth coach in the 38-year history of UP men's soccer (Dennis O'Meara, Mike Davis and Clive Charles preceded Irwin).

"Clive and Bill built a great program," Carlin-Voigt says, "but now is a new era, a new dawn in Portland soccer."

Carlin-Voigt says his U of P players "are really excited to have a leader on board, someone who's going to present a crystal clear strategic plan to get them back to where they want to be — which is pursuing championships."

The process began last week with the Pilots' first training sessions under their new boss.

"We'll put some foundations into place on how I want things to be," Carlin-Voigt says.

Then it's on to recruiting, choosing assistant coaches and more work on the new coach's preferred style of play.

"I know we're going to be able to lay a great championship culture," he says. "We're going to have a way of training and behaving that is best in class. We're not going to stand for anything less than that."

Coming from UCLA, Carlin-Voigt borrows philosophically from the late John Wooden, the Bruins' legendary former basketball coach.

"He didn't preach winning — he preached about the process, and about being a good teammate and finding a way to



Nick Carlin-Voigt, former UCLA associate head coach, has taken over as head coach of men's soccer at the University of Portland.
COURTESY: UCLA

reach your full potential and competitive greatness. How you do anything is how you do everything," says Carlin-Voigt, the son of a doctor (his father) and social worker (mother). "The little details matter to me."

His parents have been givers in various communities "and public servants," Carlin-Voigt says, "and that's why I coach — coaching is leadership and service, and I believe it's important to deal with the mind, body and spirit."

Porter is "a mentor" who went to a rival high school in Kalamazoo, and Carlin-Voigt says the Timbers coach, 40, has been "a big resource, who never forgets where he comes from. I've always been able to pick his brain and look forward to doing more of that."

When the Pilots train for next season, "we'll have a very high tempo. We want practices to have a very crisp flow, to be short and smart and highly competitive."

In games, "I love teams that score goals," says Carlin-Voigt, a 6-4 former goalkeeper and basketball player, "but all the best teams in the world are balanced. We can't be giving up a lot. We want to play possession, attacking soccer and have incredible movement off the ball and be very dynamic, but also make sure that, if someone scores a first goal on us, it's going to be very difficult for them to score a second goal.

"It's not going to happen overnight, but we're going to teach a brand."

Off the field, "I want our community to be proud of our players, and for our campus community to look up to them."

Carlin-Voigt says he will talk to Irwin's assistants, Rob Baarts and Brandon McNeil, before picking his UP staff members.

"I owe it to those guys to have a conversation with them. Both guys are alums and have given their hearts and souls to this program," Carlin-Voigt says.

Irwin coached 13 men's seasons on The Bluff, compiling a 109-112-38 record and 53-68-19 West Coast Conference mark. The Pilots were 3-12-3 overall and 1-6-0 in the WCC last year, although they did well against teams that were ranked when they played them, knocking off Oregon State, drawing with Washington and Denver and losing 1-0 to Michigan State.

The Portland men have made 14 NCAA playoff appearances, but none since 2009. They reached the College Cup in 1988 and 1995 under the late Charles, and the program has churned out top performers, including goalie Kasey Keller, Conor Casey, Steve Cherundolo, Heath Pearce, Yari Allnutt, Joe Leonetti, Scott Benedetti, Nate Jaqua and Andrew Gregor.

The 2015 Pilots had only two seasons, with an underclass

that included midfielder Eddie Sanchez and goalkeeper Paul Christensen.

"They have some tough years," Carlin-Voigt says. "I told them the past is the past. I don't want to spend too much time on it."

He has studied it some, though.

"I've done my due diligence," he says. "I didn't need to jump on the first job, and here I saw a team that was technical and had a dynamic player in Sanchez and solid goalkeeping, but the thing I think they were missing was that steel in the middle of the back and making sure they're resolute in the back."

It wasn't easy leaving UCLA. "I think they're going to win the national championship next year," Carlin-Voigt says. "The hardest part of the transition will be leaving my guys there. I dedicated every moment to them. But I told them we'll forever be connected and I'm always just a phone call away."

At the same time, coming to the University of Portland made perfect sense, he says.

"The history of UP soccer is unparalleled on the West Coast. This is a great campus, with a great campus life. Everyone is very positive and together. It's an absolute destination," he says. "Soccer is the No. 1 sport on campus, and anytime you can get half the students to attend a soccer game, it's great. This is a dream job."

BestBets

Hawkish

7:30 p.m. Wednesday (KGW 8, ESPN)

The Atlanta Hawks visit Moda Center to face the Trail Blazers. Atlanta is battling to be the second fiddle in the NBA Eastern Conference behind the LeBron Cavaliers. Former Portland Pilots player Ben Sullivan is in his second year on the Atlanta coaching staff. He came from the San Antonio Spurs, as did Hawks coach Mike Budenholzer, 46, a former Spurs assistant.

Tune in to KGW (8) to hear Blazers broadcasters Mike Barrett and Mike Rice point out all the missed calls by the officials. Or tune in to ESPN to hear

something else.

Preps

Tuesday

Boys basketball action on Tuesday includes Cleveland at Benson, 7:30 p.m., and Jesuit at Aloha, 7:15 p.m.

On Wednesday, Central Catholic travels to Barlow for a 6 p.m. boys game and 7:30 p.m. girls game.

Beavers-Bruins

8 p.m. Wednesday (ESPN)

Oregon State takes on UCLA at Gill Coliseum in Corvallis. Among the Bruins' best: junior guard Bruce Alford, 6-3, from Albuquerque, N.M. He and OSU's Gary Payton II have been the only Pac-12 players ranking in the top five in both scoring and assists. Dad Steven Alford is UCLA's coach.

Birthday

Jan. 20, 1987

Al Afalava (age 33)

The former Oregon State defensive back was a sixth-round NFL draft pick, by Chicago, in 2009 and played in 29 NFL games for three teams (the Bears, Indianapolis and Tennessee). He was born in Laie, Hawaii.



AFALAVA

History

Jan. 19-20, 1925

The Portland Beavers will be without their standout catcher of 1924, Mickey Cochrane, who has been promoted to the American League

Philadelphia Athletics and will make his major league debut at age 22. But the Bevos' new secretary and business manager Roy Mack, son of Connie Mack, is excited about other players for the Pacific Coast League team, including a 6-3 fastballer, Bob Hasty, who was 13-15 with the Athletics in 1923.

Directors of the Multnomah Amateur Athletic Club have set Feb. 26 for their next interclub boxing and wrestling smoker. Invitations go to the University of Oregon, Oregon Agricultural College (now Oregon State), University of Washington and Spokane Elks.



COCHRANE

TV&Radio

Tuesday, Jan. 19

College men's basketball: Butler at Providence, 3:30 p.m., FS1 ...

Mississippi State at Florida, 4 p.m., ESPN ... Kansas at Oklahoma State, 4 p.m., ESPN2 ... Illinois at Indiana, 4 p.m., ESPN ... Tulane at Connecticut, 4 p.m., CBS Sports ... Tulsa at East Carolina, 4 p.m., ESPNNews ... Georgetown at Xavier, 5:30 p.m., FS1 ... LSU at Texas A&M, 6 p.m., ESPN ... Houston at SMU, 6 p.m., ESPN ... Loyola (Chicago) at Evansville, 6 p.m., CBS Sports ... Fresno State at San Diego State, 8 p.m., ESPN

Prep girls basketball: Century at Westview, 7:15 p.m., KUIK (1360 AM)

NHL: Chicago at Nashville, 5 p.m., NBC Sports

Wednesday, Jan. 20

Blazers: Atlanta at Portland, 7:30 p.m., KGW (8), ESPN, KXTG (750 AM, 102.9 FM)

College men's basketball: UCLA at Oregon State, 8 p.m., ESPN, KEX (1190 AM) ... Virginia Tech at Notre Dame, 4 p.m., Root Sports ... Colorado State at Air Force, 6 p.m., Root Sports ... Colorado at Washington, 7 p.m., Pac-12 Networks
NBA: Golden State at Chicago, 5 p.m., ESPN
NHL: St. Louis at Detroit, 5 p.m., NBC Sports

Eggers:

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beautiful way."

Hunter's gem of a performance was the biggest reason why Oregon State was able to end a 29-game losing streak to Stanford dating 15 years.

"We were told it had been since 2001, and it was like, 'Come on,'" said Hunter, who entered the game averaging 6.0 points and 5.5 rebounds. "That's crazy. We really wanted to make it happen tonight."

Four years ago, Hunter and fellow seniors Jamie Weisner, Ruth Hamblin and Samantha Sieger joined an OSU program that had been down for years but was on the rise. Last season, the Beavers won their first Pac-12 championship, but they lost their only meeting with Stanford 69-58 at Gill.

"They came (to Oregon State) with a vision," Rueck said. "That vision became reality a year ago. Everybody wants to raise a banner. That's why we play. You want to be the best team."

"But a year ago, (a win over Stanford) was the one thing left undone. (The Cardinal) were party crashers last year. That was on our mind."

The Beavers, other than Hunter, couldn't buy a shot through three quarters. Stanford — which entered the game with a No. 3 national RPI ranking — was only so-so offensively, too, but led 30-16 late in the second quarter, 38-23 midway through the third quarter and 40-30 heading into the final period.

Oregon State outscored Stanford 28-10 in the fourth quarter, scoring 17 straight points to turn the game. The Beavers closed with a 23-4 rush that had partisans in a crowd of 4,314 on their feet making a lot of noise in the final frantic moments.

"We did a really good job for three quarters," said Stanford coach Tara Vanderveer, who has amassed a record of 977-221 through her Naismith Basketball Hall of Fame career. "The fourth quarter got away from us ... the game is four quarters. It doesn't do any good to win three of them."

The Beavers did it without southpaw point guard Sydney Wiese, the all-Pac-12 selection as a sophomore last season who missed her eighth straight game with a broken right hand. They did it with the media's Pac-12 player of the year in 2014-15, Hamblin, on the bench down the stretch after an ineffective performance. And with junior guard Gaby Hanson making only 1 of 7 shots from the field.

But there were Hunter and Weisner, the Beavers' other all-Pac-12 selection last season. The 5-6 sharpshooter scored 14 of her 18 points in the second half to finish 7 for 11 from the field, along with six assists and four steals. And there was savvy freshman Katie McWilliams, filling in for Wiese at the point, handling the relentless defensive pressure by Stanford's guards through 40 strong minutes.

Then there was a collective indomitable spirit that rose up with the game on the line, drawing on the experience of close losses to Tennessee and Notre Dame earlier in the season.

"It was a culmination of all those things," Rueck said, "and sooner or later, you say, 'Enough.' That's what I saw in Deven tonight. She said, 'Enough. We're winning.' That's a tribute not only to her ability but to her desire and will to get this team over the top."

Weisner said during a second-half timeout, "We were trying to calm Deven down."

"She said, 'I'm not getting blown out by this team four years in a row,'" Weisner said. "We just came together as one."

"I don't think we ever doubted. At halftime, we talked about, 'Don't hang your head. We got this. This is our house. Keep chipping away. Get points and get stops.' That was our mentality the whole second half."

Stanford has been the standard by which Pac-12 teams are judged through most of Vanderveer's 30-year reign as coach, with 18 conference championships and a pair of NCAA titles. The four-time national coach of the year entered Sunday with a 51-5 record against Oregon State through the years. Now that mark is 51-6.

"I'm really disappointed," Vanderveer said, "more in myself than anyone else. We just didn't get the job done. The

crowd was a big part of it. They were loud. When (the Beavers) started making their run, we couldn't stop the bleeding. (The crowd) gave them a lot of momentum. We struggled with it."

"Scott has done a great job with the Oregon State program. He has put them into the national conversation, which is fabulous."

Rueck allowed himself to savor the moment as he met with media afterward.

"The last 12-13 minutes were an absolute blur," he said. "You want special moments. We didn't have Sydney. To do that without the point guard, to handle all the adversity and stick with it — it sums our group up. They're tough as heck. They came here wanting challenges. Tonight, they overcame a big challenge."

"This is one game, but it was a significant one for us. I couldn't be prouder of the will to compete that this team had to have."

The Beavers are hardly a finished product. They need much more from Hamblin, who had four points on 2-for-7 shooting with two rebounds in her 23 minutes. They need the return of Wiese, who seems likely to play next week when the Beavers play road dates at Utah and Colorado.

"It's week to week," Rueck said. "I'm praying. We're living off what the doctor's recommendation is. We don't want her to come back too soon. She's working out, staying in shape, so when she is given the green light, she's ready to go."

Arizona State leads the Pac-12 with a 6-0 record, with the Beavers a game back in second place. Four other teams, including Stanford, have two conference losses.

"Arizona State is the top team right now," Vanderveer said. "That will be a great matchup with Oregon State (Feb. 1 at Corvallis). But we're right in it, too." The Beavers were better than the Cardinal on Sunday night, even if it took darn near forever to show it.

"I've learned to never underestimate what this team can do," Rueck said, smiling. "You're down and out, and then all of a sudden, magic happens."

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Relay: China plans 40 events over three years

From page 1

Working with China-based Starz Sports, Yao and the group contacted Nike about this Hood to Coast Relay they had heard so much about from afar. Nike helped put them in touch with the Hood to Coast team last June, and the partnership quickly formed.

"When they first contacted us, I thought it was bogus, thought there was just no way this could be real," Floyd says. "How often does someone call you out of the blue and say that Yao Ming wants to work with you? I thought it was too good to be true, but it turned out to be very true."

The highlight for Floyd was his trip last fall with his co-workers to China to visit potential race sites. That also meant a chance to bond with Yao over long bus rides and a lengthy dinner. Floyd spent the trip intently listening to Yao's many stories and being struck with how generous the giant celebrity was to all those who approached him.

"It was surreal being in Shanghai, on a downtown street in China, with Yao Ming," Floyd says. "I've never seen anything like watching Yao walk out of a restaurant and onto the street and seeing hordes of kids all around him, taking pictures. It's shocking how well he handles it all. The coolest thing was just seeing Yao's presence and how iconic he is in China."

"I just stared at this 7-6, 400-pound giant and thought, 'Wow. This guy is our business partner.' It doesn't seem real." Yao's passion for his home country is what has sparked him to help promote physical fitness among its immense population. Through the slogan of "Yao Pao Run Together," Yao and Starz Sports plan to put on

2016 Hood to Coast Series

Jan. 24: Fight for Air Climb; U.S. Bancorp Tower; Portland
May 7: Hippie Chick Quarter and Half Marathon; Gordon Faber Recreation Complex; Hillsboro
May 21: Reach the Beach; Portland
June 11: Helvetia Half Marathon and 10K Run/Walk; Gordon Faber Recreation Complex; Hillsboro
July 2: Red, White, and Blues 5K & 10K Run/Walk; Gov. Tom McCall Waterfront Park; Portland
July 24: Pints to Pasta 10K & Half Marathon Run/Walk; OMSI; Portland
Aug. 6: Crawfish Crawl 5K, 10K & Half Marathon Run/Walk; Tualatin

City Park; Tualatin
Aug. 26: Hood to Coast/Portland to Coast Relay; Timberline Lodge and Ski Area; Timberline Lodge
Sept. 24: PDX Runway Run; Portland International Airport; Portland
Nov. 5: Veterans Day 5K, 10K, & Half Marathon Run/Walk; Sandeie Golf Course; West Linn
Nov. 23: Turkey Trot 5K Run/Walk; Portland International Raceway; Portland
November (dates TBD): Hood to Coast China; Shandong Province

For information on all events, go to htcraceseries.com

40 running events over the next three years in China.

"This sport gradually becomes our lifestyle, and this lifestyle is also going to become part of our character, and our character is going to lead us to where we want to be," Yao said during a two-hour news conference in China last fall.

Hood to Coast President Felicia Hubber, the daughter of HTC founder Bob Foote, also spoke at the event in Shanghai and gave an overview of the 34-year history of the Hood to Coast. Hubber and Starz Sports general manager Lucia Li then exchanged race bibs from the two Hood to Coast races that will take place this year in Oregon and China.

The partnership between the two was finalized in Portland after the conclusion of the 2015 Hood to Coast race. A contingent from China traveled to Oregon to witness the event firsthand, and they provided glowing reviews to Yao.

"What we sold through the Chinese is a brand," Floyd says. "We definitely will help them out, but what people are interested in, and it's now been validated by China, is they wanted our logo and our Hood to Coast

brand. They didn't want any knockoff-type event. They wanted the real thing."

Hood to Coast China will take place along the eastern coast of the country in the Shandong Province. The race will go through the city of Qingdao (population 8.7 million) and feature Mount Lao (elevation 3,716 feet) and a picturesque shoreline.

"You've got to have the mountain and the coast for the complete Hood to Coast package," Floyd says. "It was beautiful over there. I really had no idea what to expect, because

there are a lot of myths about the country. But when you're there, it really is quite impressive. The air quality was way better than I thought it would be, and the traffic was way better than what people said. I've seen worse on I-5 in Portland at 5 p.m. It was amazingly efficient in China."

Floyd also was pleasantly surprised to see how active Yao was in dealing with the logistics and how engaged he was in all levels of the process.

"This is an athlete, a worldwide icon, really, who is willing to do whatever it takes as a figurehead," Floyd says. "He's a great communicator."

Floyd was an eager listener of Yao's storytelling during his trip to China. Floyd, a big Trail Blazers fan, particularly enjoyed when Yao lamented the famous Brandon Roy buzzer-beating 3-pointer from 31 feet that delivered Portland a 101-99 overtime win over the Yao-led Houston Rockets on Nov. 6, 2008.

"Yao hated that Roy shot, because right before that he had a three-point play that he thought gave his team the win," Floyd says with a wide smile. "Yao also said that, other than Shaq, Greg Oden was the strongest, most physical player he's ever

played against. That blew my mind."

Since retiring from the NBA in 2011, Yao has kept plenty busy with a variety of interests. That includes establishing his own wine company in Napa Valley called Yao Family Wines. During Floyd's dinner with Yao at a restaurant in China, Floyd somewhat jokingly asked if they were going to have some Yao Ming wine.

"He said, 'Oh, we don't have any at this place, but if you drive me home, I'll run upstairs and grab some out of the house for you,'" Floyd says. "I thought he was kidding. But he was serious, and after dinner he went inside his high-rise and got some wine for us. He's very proud of it. That was awesome and just shows what kind of guy he is."

As with the attention he pays to the quality of his wine, Yao wants the inaugural Hood to Coast China to be as first-class as possible and to become a fixture in his country for years to come.

"I think what's cool about this and why it's going to be extremely successful is it's an emerging running market with a huge population, and they have a government that wants

their people to get healthy through physical fitness," Floyd says. "And they have someone like Yao, who is fully committed to this."

Floyd can't help but think about the possibilities of further expansion of the HTC brand if Hood to Coast China is a hit.

"I hope we can replicate this throughout the world," Floyd says. "I think we can go to other markets and other continents and keep using that brand to keep growing it."

But no matter how worldwide Hood to Coast eventually gets, the top focus will remain on continually making the Oregon race the best relay event of its kind.

"Oregon will always be the priority," Floyd says. "That's the original. That's where people want to go. We're sold out every year and are already sold out for the 2016 race. The fitness craze is still growing, and that's why you need to appeal to all levels, from marathon runners to walkers."

"We need to keep appealing to a culture and make it fun and inclusive for all ages and abilities. I can't wait to see where we go from here."

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Hoops: Alleyne breaks Pac-12 rebound record

From page 1

College), 14.4 points; Tyler Gutierrez (6-8 sophomore, Sunset), 11.4 points, 4.9 rebounds; Riley Hawken (6-6 freshman, Vancouver, Wash.); Jarrett Gray (6-2 freshman, Valley Catholic), who played for former Portland State coach and Portland assistant coach Joel Sobotka in high school.

The Cavaliers play at home this week against Alaska-Fairbanks and Alaska-Anchorage.

There'll probably be a lot of candidates by March, including Oregon State's Gary Payton II, but Washington guard Andrew Andrews could be an early leader for Pac-12 player of the year.

The 6-2 Benson High grad leads the Pac-12 in scoring (21.4 points) and has made 135 free throws on 163 attempts, by far the league leader in both categories, and the 82.8 percent ranking second.

He also ranks fairly high in the Pac-12 in rebounds (6.3), assists (5.0), steals (1.5) and 3-point shooting (.400).

Andrews had 30 points as the Huskies beat Arizona State 89-85 last weekend. The win gave Huskies a share of the Pac-12 lead at 4-1.

Talk about balance and parity: Pac-12 standings entering the week: USC, 15-3, 4-1; Washington, 12-5, 4-1; Arizona, 15-3, 3-2; Colorado, 14-4, 3-2; Oregon, 14-4, 3-2; Stanford, 10-6, 3-2; Utah, 13-5, 2-3; Oregon State, 11-5, 2-3; California, 12-6, 2-3; UCLA, 11-7, 2-3; Arizona State, 11-7, 1-4; Washington State, 9-8, 1-4.

Congratulations to Jillian Alleyne, the senior Oregon forward who scored 25 points and 15 rebounds to lead the Ducks to a 69-59 home win over California on Sunday, in the pro-

cess breaking the Pac-12 record for career rebounds.

She now has 1,573 career rebounds, passing Stanford's Chiney Ogumike. She has 83 double-doubles, two away from tying Ogumike's league record.

The Duck women snapped a five-game Pac-12 losing streak against Cal, on the same day the OSU women beat Stanford for the first time since 2001, snapping a 29-game losing streak to the Cardinal.

The Portland men scored an 84-81 win against BYU, and moved to 9-11 overall and 3-4 in West Coast Conference play. Guards Alec Wintering, Bryce Pressley and D'Marques Tyson combined for 64 points. ... The PSU men enter the week with a 6-10 record (2-3 Big Sky Conference).

A player named Stoudamire has helped South Puget Sound Community College get to the top of the Northwest Athletic Conference.

Dez Stoudamire, 6-1 cousin of Salim and Damon, is averaging 23 points a game for the Clippers (topping out with 41 against Skagit Valley), a year removed from Centennial High. He credits Antoine Stoudamire, former Oregon player and Salim's brother, with helping him improve as a player.

"We did a lot of shooting, he helped me have a better shot," Dez tells The Olympian. "We did a lot with ballhandling because I was very raw and needed to develop when we first started working together my eighth-grade year."

The Clippers, who also feature former Grant player Deiondre Bird, are 13-4 overall and 2-1 in NWAC play; they haven't been better than .500 since 2003.

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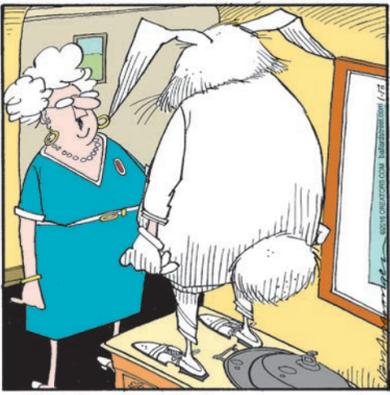


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Ballard Street



"To tell you the truth, I'm more concerned about the rabbit suit than I am about marring the credenza."

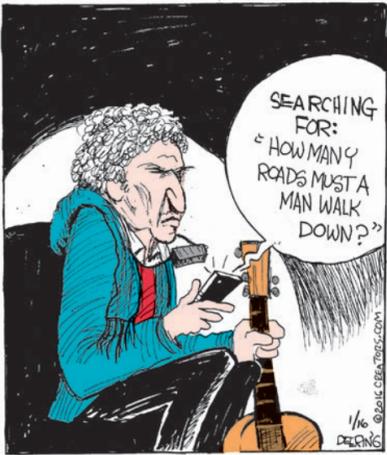


Perry's inner struggle goes public.

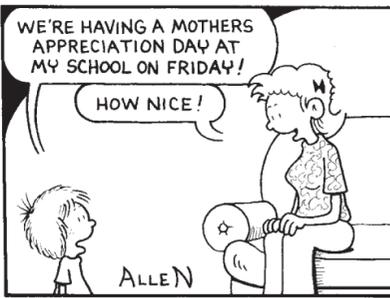
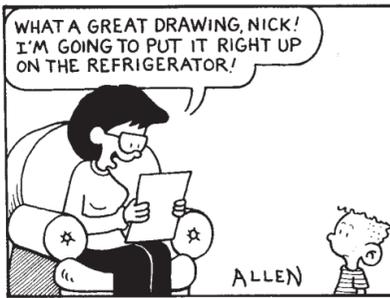
Free Range



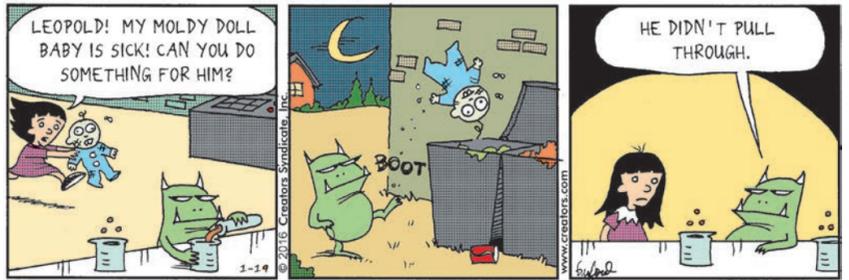
Strange Brew



Nest Heads



Scary Gary



Dog Eat Doug



Dogs of C Kennel



Bugatti's

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- Oregon City / Hilltop**
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503.722.8222
- West Linn / Ristorante**
18740 Willamette Dr.
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Community Classifieds

Your Neighborhood Marketplace

HELP WANTED

Customer Service Specialist

Join our team! Woodburn Independent newspaper is hiring a part-time time Customer Service Specialist to work in our front office. Are you a team player with excellent customer service skills? Do you like working with people? This could be the job for you. We're looking for an experienced professional who can handle reception, telephones and various sales and clerical tasks. This position requires strong interpersonal skills, organization and time management, and the ability to multi-task in a fast-paced environment. Attention to detail is a must. Computer skills and a mastery of spelling and grammar are required. Spanish speaking is a plus. Please email cover letter, resume and references to: ndebuse@woodburnindependent.com

Woodburn Independent

Database Administrator

Level 3 DBA opening at OHSU in Portland, OR., supporting Microsoft SQL Server RDBMS (primary), Oracle RDBMS (secondary).
 - Bachelor's Degree in CS/related field.
 - 6 yrs progressive IT-related exp incl application development.
 - 4 yrs exp w/ Microsoft SQL Server, 1 year exp w/ Microsoft SQL Server DBMS as application developer, and exp as SQL DBMS DBA (v 2008 or 2012)
 - Exp building complex schemas, developing stored procedures, database triggers in TSQL and using data replication/ synchronization
 - Exp working with others developing logical and physical data models
 - Exp w/ MS SQL SSIS, MS SQL SSRS
 - Exp as lead DBA on complex projects
 All candidates must have legal authority to permanently work in the US. Applicants meeting all requirements submit C.V. to: evansf@ohsu.edu or mail to Frank Evans, OHSU, 1515 SW 5th Ave, Suite 728, Portland, OR 97201.

HIGH SCHOOL JUNIORS ONLY

If you're a junior in high school, you can join the National Guard through the Split Training Option and be back from Basic Combat Training in time for your senior year. Next year, you'll be back in time for college. Joining the Guard will open many doors for you with benefits like college assistance and excellent training. Plus, it's one of the best part-time jobs you can have while in high school.
 The 2016 Split Training Option season ends April 30. Applicants must be 17 years old and have parental consent prior to obtaining a contractual obligation. Eligibility restrictions apply. Contact your local National Guard Representative and secure your future now.
SSG Charlesworth • (503) 784-1722
Oregonarmyguard.com

Sandy Post News Reporter (Sandy, Ore.)

The Sandy Post is searching for a full-time news/feature reporter. Coverage areas include all aspects of news, feature and enterprise reporting in a small community, with the exception of sports, which is handled by our sports crew. Our news reporter also covers the Mt. Hood National Forest and recreation on the Sandy River. The successful candidate will have skills at digital photography, and must demonstrate a commitment to sharing breaking news via social media. Qualified candidates must demonstrate the ability to write clear, concise and compelling stories.
 To be considered, attach a short cover letter, resume, clips and references to Editor Steven Brown at sbrown@theoutlookonline.com or call Steve at 503-492-5119. Include this phrase in the subject line, "Sandy Reporter." The application deadline is Sunday, Jan. 17, 2016.



ACCELERATE YOUR CAREER. GO GREYHOUND!

Now Hiring Motorcoach Operators in Portland

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EMPLOYMENT

Help Wanted

HIRING SECURITY:
 Portland Patrol, Inc. has immediate F/T-P/T openings for unarmed security officers. Officers may work foot patrol, bikes, or stationary posts inside businesses. PPI offers competitive wages & benefits, (\$11.25 - \$12.32/hr). Flexible for students. For information, contact Darrel, darrel@portlandpatrol.com or www.portlandpatrol.com

Keep an EYE OUT for KIDS.

Slow Down. The Way to Go.
 Transportation Safety - ODOT

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GET FAST RESULTS THROUGH THE CLASSIFIEDS CALL NOW!
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HELP WANTED

PRODUCTION SUPERVISOR

COLLIER Mfg. manufactures 30 SECONDS Cleaners. We need an active Production Supervisor that is self motivated, likes new challenges, and wants to grow into a Warehouse Supervisor.
 Skills needed:
 Experience overseeing staff on our production line, leading by example
 Chemical handling with safety standards enforced.
 Packaging experience: Filling, labeling, palletizing.
 Able to ensure quality control while meeting deadlines.
 Shipping warehouse logistics with inwards and outwards goods.
 Forklift license and experience is required.
 Competent mechanical knowledge.
 Computer work, as it arises.
 Personal requirements:
 Self motivated and punctual.
 Team player.
 Communicate clearly in order to work unsupervised.
 Capable to lift 50-60 lbs.
 Clean criminal record, and be drug free.
 To apply, please send resume to: info@30seconds.net

Visitor Center & Office Manager

This posting is for one full-time OR two part-time positions—depending on respondents. The nonprofit West Columbia Gorge Chamber and Visitor Center serves the needs of local businesses and tourists throughout the West end of the Gorge from Fairview through Cascade Locks. The Chamber is seeking a core team member to manage our outstanding Visitor Center, as well as to assist the Executive Director and Chamber members with administrative support. This position reports to the Executive Director. The successful candidate needs to be a true "PEOPLE-PERSON" who delights in delivering outstanding personal service to our many guests. KNOWLEDGE OF THE COLUMBIA GORGE AREA IS A STRONG PLUS.
 Responsibilities:
 • Oversee operation of our Visitors Center, including providing top-quality personal service to tourists and other visitor.
 • Support Chamber members who request member-services help from the Chamber.
 • Mentor and supervise interns who serve in the Visitor Center
 • Select, order & stock large array of tourist collateral materials- magazines, brochures, maps, etc.
 • Support our Tourism Committee in their tourism-promotion activities
 • Welcome and provide relocation information to prospective new members of our community
 • Maintain mail and telephone interaction with members, suppliers and others
 • Work with our bookkeeper to record received invoices and payments
 • Maintain Chamber records, including membership database and calendar
 • Provide administrative & events support as requested by the Executive Director
 Abilities and Skills Required:
 • Highly-responsible self-starter who follows directions creatively and without heavy supervision
 • Personal passion for tourism and outstanding customer service
 • Strong oral and written communication skills
 • Ability to work smoothly, cheerfully and productively in a diverse team environment
 • Competency in current business software, internet tools and online resources
 • Well-organized, with good planning skills
 • Administrative and office management skills
 Education and Experience:
 • College degree from an accredited college or university in a related field of study preferred
 • Knowledge of the West Columbia Gorge area
 STRONGLY PREFERRED
 Compensation: Approximately \$14-\$15/hr to start. DOE.
 To apply, send resume to: wccgcd@gmail.com

BULLETIN BOARD

Business Announcements

BECC COIN/ CURRENCY SHOW
 Buy/ Sell/ Trade
 60 Dealers at Kent Commons, 525 4th Ave N. Kent, Wa. 98032
 Jan. 16-17, 2016.
 10am Open, Sat/Sun
FREE Admit, Park
 Hourly Drawings
 (becc.org for more info)

Personals

WESTERN WA GUY
 Seeks Gal. 50-66, slim/average build for quiet times. I like trips, walks, nature, moonlight & cuddling. Write Greg: PO Box 3013, Arlington, WA 98223

BUSINESS

Business Opportunities

ATTENTION READERS

Due to the quantity and variety of business opportunity listings we receive, it is impossible for us to verify every opportunity listing we receive. **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.

Loans

It is illegal for companies doing business by phone to promise you a loan and ask you to pay for it before they deliver. For more information, call toll-free 1-877-FTC-HELP. A public service message from Community Classifieds and the Federal Trade Commission.

MARKET PLACE

Merchandise

Baby/Children's Items

Baby Cribs & more!
 Two identical white Bonavita cribs. Drawers underneath for storage. Great for twins or home and grandma's. \$60 each. Have mattresses if you want them. Also have assorted bedding including 2 waterproof crib pads, four sheets, bumpers for one crib, over sheet cover - \$25. One contoured baby changing pad with cover and 5 waterproof toppers - \$10. One Safety First infant to toddler car seat - \$15. One First Years high chair (the kind that straps to a chair) - \$10. One pack and play in great condition - \$25. All items are in great condition - gently used at grandma's house.
 (503) 332-6326.

Firewood/ Heating Supplies

WALNUT FIREWOOD
 One and a 1/2 Cord \$200. (503) 347-5551

Furniture/ Home Furnishings

QUEEN-SIZE BED SET
 Oak finish, shelves, drawers, mirrored headboard, includes frame & mattress. Paid \$8000. Must move. \$250.
 503-538-8701

RECLINERS: 2, La-Z-Boy
 brown naugahyde, good condition, \$100 ea.
ROCKER: Glider, \$30.
COUCH: Full size
 w/reversible cushions, \$100. Cash only.
 971-300-6893



Garage/Rummage Sales

Columbia City
Best Sale in Jan!
Estate/Moving Sale: 1615 7th St. Jan. 22/23/24
 Furniture, collectibles, household, garage/shop, Oak dining table 6 chairs 7 leaves, elegant buffet, early writing desk, rare Peterson baby basket, Two beautiful gas fire places, abstract art, rare trunk, Fiesta ware, Spode dishes, piano and more. Something for everyone, all goes.

Health Care Equipment

ELECTRIC Wheelchair & Car
 electric chair transport carrier, New/excellent cond. \$1300/both.
 503-537-2050

Machinery & Tools

SCROLL SAW:
 New DeWalt 20" Scroll Saw w/stand & wheels. Special feature; great for making inside cuts. \$400.
 503-679-1050

Miscellaneous for Sale

Luxury Model Simmons Beauty Rest Super Pillowtop Mattress
 12-14" thick, \$550. Delivery service available.
 503-358-8662

POWER CHAIR: Jazzy, blue, select 6 power chair, less than 6 months old, includes all original paperwork equipment, \$2,500.
MATTRESS SET: Like new, queen size, includes mattress, box spring & metal frame, gently used approx 4 mos, \$450/obo.
ANTIQUE DRESSER: Solid wood, 6-drawer tall, \$40.
FILING CABINET: Heavy duty, 4-drawer, \$25.
 Call 503-810-2048.

Miscellaneous Wanted

\$10-10,000 A-#1 BUYER
 I want jewelry, Costume etc, also pre-80's glassware & misc 503-869-2802

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FAX
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 Publisher reserves the right to correctly classify, edit or reject any advertisement.

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CASH for DIABETIC TEST STRIPS
 Help those in need. Paying up to \$30 per box. Free pickup.
 Call Sharon:
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WANTED: OLD GAS PUMPS; & also looking for ADVERTISING SIGNS.
 No reproductions or beer signs.
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60'x120'x14' Arena, \$42,000
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Call Fred 503.320.3085
 or visit barnrusonline.com



ccb# 117653

Sporting Goods

CASH FOR GUNS PISTOLS AND PISTOL COLLECTION OR SINGLE PIECES
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woodsman901@yahoo.com

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Animals & Agriculture

Hay/Straw/Feed

GRASS HAY & STRAW FOR SALE
 Large and Small Bales
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 Delivered 14-30 ton loads. 503-703-5462
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AKC Scottish Terrier Pups
 Black, Males & females, shots, dewclaws, wormed, \$450. Will deliver.
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AKC Westie Puppies, 8 wks old, 2 females \$950/ea; 3 males \$1000/ea. shots, dewormed, exams, litter registration. Ask for Leslie 503-487-0531



BABY:
 Hi, I'm Baby, an all white 21 pound American Eskimo dog and I'm adorable even if I say so myself! I am an affectionate girl and love to be close to you. I know you will appreciate my great house manners. I am well behaved and I don't bark or whine. I miss being someone's baby. Can I be yours? xoxo Please contact Animal Aid, 503-292-6628 option 3 or visit our website: www.animalaidpdx.org for more information.

Pets & Supplies

CATS
 Seeking committed cat lovers to adopt a pair of character cats with amazing sweet personalities. Both are approximately four years old domestic shorthair kittens. Mouser is a black male with a distinctive curved tail. He is neutered and has had shots. Chessie is a large tortishell with beautiful round eyes. She is spayed and has had shots. They love playing with toys, including the laser pointer and cat nip mice. They are indoor kitties who love sitting in a window and watching birds and squirrels. I love these and am only seeking a new home because I have moved in with my elderly mother and their presence intimidates her cat. Please call (503) 473-8445 weekdays and leave a message if necessary.

CHIHUAHUA MIX puppies
 tan short hair born Oct 15 fun family friendly 1 male 1 female \$150 each.
503-880-2855

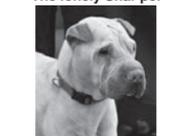
CHIHUAHUA PUPPIES:
 3 fancy females, 1 blue eyes, UTD shots, dew claws removed, \$500-600 cash only. Delivery possible w/fee. Call for information & pics,
503-410-4721.

Coretta:



I'm a big girl who knows what she likes. I love chi scratches and I'm not shy about asking for them. Actually, I'm not shy at all. I'm very talkative, friendly, and smart. Did I mention I love laps? Look deep into my big green eyes and prepare to fall in love! I'm a big, fluffy cat and I'm ready to find my forever home! Maybe it is you? Come visit me, Coretta, at Animal Aid's Show & Tell Saturday or call 503-292-6628 option 3 or visit our website: www.animalaidpdx.org for more information.

Humphrey The lonely Shar pei



Humphrey is lonely at a busy local shelter. A five year old neutered male rough coated fawn Shar pei, he has been at a local shelter since mid November. Like most Shar peis he is aloof with strangers, and private, saving the best for those he loves. He is independent, stoic & charming, and walks well on leash. His in house training will continue in his new home. Most of all his holiday dream is a home to call his own. Foster or foster to adopt. For more information call (503) 625-4563 or e-mail gocwbatingdog@aol.com.

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 1st shots, wormed, dew claws & tails removed, weights between 12-20lbs. Tries & Merles. \$550 & Up
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RAVEN:



My fur may be black as night, but my heart is pure gold. I am gentle and petite with a big motor for purring. I like showing affection by giving little headbutts and inviting you to give my ears little scratches. I am looking for my forever home. Could it be you? Come see me, Raven, at Animal Aid's Show & Tell Saturday. Please contact Animal Aid, 503-292-6628 option 3 or visit our website: www.animalaidpdx.org for more information.

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SUCCESSFUL CANDIDATES - Candidates must be able to lift 40-50lbs. frequently. Candidates must have a current Class A CDL and no convictions of DUI/DWI within the past three years, or multiple times within the past seven years. Excellent customer service skills are required and previous food or beverage delivery experience is a plus.
TO BE CONSIDERED - All applicants must complete an application. You may apply in person from 8:30am - 4:00pm at **26250 SW Parkway Center Dr., Wilsonville, OR 97070** or visit our website at www.syscoportland.com to print a copy of the application and return it to Sysco Portland. For those who would find it more convenient, you may fax your completed application to **503.682.6646**

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Acreage/Lots

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All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preferences, limitations or discrimination. State law forbids discrimination in the sale, rental or advertising of real estate based on factors in addition to those protected under federal law. Oregon State law forbids discrimination based on marital status. We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

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GLADSTONE Home — 1 year lease — \$1375/mo. Rent includes water, sewer, garbage. Very nice 2BR + extra rm. 2BA double-wide in 55+ park. Located on River Road near Medtronic Bar Park. Swimming pool, clubhouse, community events; First and last, or prorated last; deposit, cleaning fee. (move in cost as little as \$2075.00) 503.656.1519 No pets, no smoking. \$40.00 application fee.

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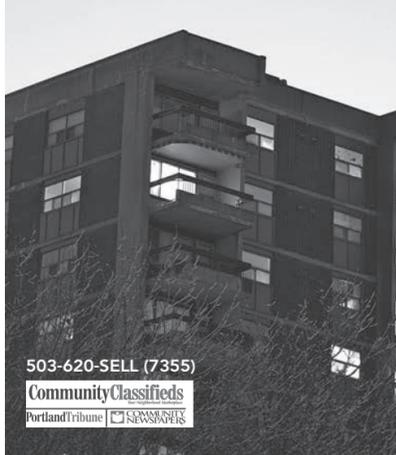
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Apartments for Rent

PORTLAND NW: 1 Bed: \$767, 2 Bed: \$913! Free Water/Sewer/Garb!
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Apartments for Rent

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 Water, sewer, garbage paid. Full size W/D in every apt. Pool, hot tub, fitness center & clubhouse. Professional on-site mgmt. Beautiful, quiet, residential neighborhood. \$35 App Fee. Call Today!!! Wood Ridge Apartments 11999 SW Tualatin Rd 503-691-9085 www.gslwoodridge.com

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Kit contains: (1) 3'x 6'-8" Entry Door (1) 11' wide slider door, Galvanized Roof, Painted Walls & Trim. These buildings have Engineered Plans & price is based on 25# Snow load, "B" Exposure.

	10'EAVE	12'EAVE	14'EAVE	16'EAVE
24X36	\$4,885	\$5,380	\$5,747	\$6,185
30X36	\$5,671	\$6,143	\$6,642	\$7,132
30X48	\$6,765	\$7,338	\$7,844	\$8,562
36X36	\$6,376	\$6,872	\$7,354	\$7,969
36X48	\$7,584	\$8,191	\$8,732	\$9,571
40X48	\$8,585	\$9,171	\$9,833	\$10,634
40X60	\$9,959	\$10,582	\$11,270	\$12,222

	10'EAVE	12'EAVE	14'EAVE	16'EAVE
24X36	\$2,361	\$2,424	\$2,490	\$2,647
30X36	\$2,883	\$2,954	\$3,044	\$3,234
30X48	\$3,600	\$3,695	\$3,797	\$3,911
36X36	\$3,383	\$3,462	\$3,558	\$3,865
36x48	\$4,335	\$4,418	\$4,520	\$4,751
40x48	\$5,147	\$5,222	\$5,361	\$5,753
40x60	\$6,246	\$6,369	\$6,504	\$6,982
60X120	\$18,943	\$19,173	\$19,646	\$19,973

Roof Only AGRICULTURAL EXEMPT
 Kit contains: Galvanized Roof. Based on 25# Snow load.

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Kale: A super food that packs a punch

By SCOTT KEITH
For the Tribune

Kale is one of those vegetables that produces a strong reaction.

Either you enjoy the nutritious benefits of this “super food” or you turn your nose at the sight of the dark-looking veggie gracing your dinner plate.

Tobi Page, a registered dietitian (eatingisalifestyle.com) in the Portland area, said, “People generally do like kale because it’s a sweeter green, as compared with collard or mustard greens. Those can tend to be pretty bitter and have quite a bite to them.”

Looking at spinach, as an example, Page noted that kale is a little heartier than spinach, but a bit sweeter. “It’s a lot better accepted, sometimes, as a new green,” she said.

There are many ways to prepare kale, but Page prefers the vegetable cooked.

“I prefer it cooked to raw, but they’re doing lots of raw salads and prepared salads in the stores,” Page said. “A lot of people are using it in their smoothies.”

You may have heard of kale referred to as a “super food.” According to Page, “The term ‘super food’ is really just a marketing term that somebody thought of as a way to sell their products. It doesn’t actually have a definition in science or anything like that.”

She added, “The connotation is that a Super Food is a food that has high levels of nutrition. So, kale gets to be a super food because it is exceptionally high in some of the vitamins and fiber.”

Kale can be grown in the Portland area and packs a much more nutritious punch than, for example, iceberg lettuce.

“You really do get more vitamins the darker a fruit or vegetable is,” Page said. “Iceberg lettuce really is like water, just barely held together with plant cells. Kale has a whole lot more fiber and a whole lot more vitamins and minerals.”

Kale, according to Page, can lower cholesterol, especially when first steamed, and lower the risk of certain cancers, including bladder, breast, ovary, prostate and colon. It’s high in Vitamin K, which helps blood clotting, and Vitamin A, in kale, is necessary for good night vision.



Tobi Page is a registered dietitian in the Portland area and promotes the benefits of eating kale.

TAHINI-HONEY MEDITERRANEAN KALE SALAD

Dressing Ingredients:
1/2 cup Tahini (Tahini is sesame seeds ground into a paste/butter)
Juice from 2 lemons
3-4 cloves of garlic, minced/crushed
1/4 cup honey
1 tsp salt

Salad:
1 head of kale, de-stemmed and finely chopped
Get creative with your additions! Try garbanzo beans, shredded carrot or any kind of nut/seed.

Preparation:
Put all dressing ingredients into a jar and shake vigorously. Pour over kale and mix well. I like to get in there with my hands and massage the dressing into the kale leaves. The salad can be enjoyed immediately, but the longer you let it marinate, the more tender the kale becomes. I recommend letting it marinate at least an hour.
— Recipe courtesy of Zest Nutrition, eatwithzest.com

NEW SEASONS MARKET KALE AND CARROT SALAD

Salad ingredients:
1 large bunch curly kale, stems removed, leaves thinly sliced
3/4 cup grated or shredded carrots
1/3 cup roasted, salted sunflower seeds

Dressing ingredients:
1/4 cup mayonnaise
1 tablespoon tamari
1 1/2 tablespoon rice wine vinegar
1 tablespoon sesame oil
1 clove garlic, minced
1 tablespoon fresh ginger, minced
1/4 teaspoon cayenne pepper
1/2 teaspoon ground cumin salt, to taste

Preparation:
In a large salad bowl combine carrots, kale, and sunflower seeds. In a small bowl whisk together dressing ingredients. Pour over kale mixture; toss well to combine. Add salt to taste.
— Recipe courtesy of New Seasons Market

She added, a cup of kale provides 10 percent of your daily value for fiber.

Kale can be prepared in many ways, including as salads.

“Kale itself is a lot tougher than, say, green leaf lettuce, red leaf lettuce or spinach. I would just use kale as the base of the salad,” Page said, noting the vinegar in the dressing will break down fibers and make it more palatable and easier to digest.

She recommends putting dressing on the kale and letting it sit for a few minutes before serving.

You can also cook the kale. “I just put it in a pan with olive oil, saute it up — I serve it just like that,” Page said. “I’ve also added it to soups — it can hold up in brothy soups.”

If you still don’t like kale, Page said, “It’s not like you’re going to not survive if you don’t eat kale.”



A newborn baby is rapt with attention as a musical therapist sings and plays the guitar. Scientific evidence shows music therapy greatly aids premature babies.

Rhythm, breath and a lullaby

Workshop to show how right sounds can help premature babies

By CLIFF NEWELL
Pamplin Media Group

Never underestimate a baby.

They might be very young, but they are smarter and more sensitive than most people think. They also hear a lot more than you think.

That is why the music therapy in the Neonatal Intensive Care Unit (NICU) workshop — First Sounds: Rhythm, Breath and Lullaby — at Marylhurst University on Jan. 23 will be so significant for therapists, professionals and parents; anyone involved in the development of premature babies.

Giving the workshop will be Dr. Joanne Loewy and Andrew Rossetti, colleagues at the Louis Armstrong Department of Music Therapy at Mount Sinai Beth Israel in New York City. Their trip to Lake Oswego is part of their non-stop world tour on which they train hospital staff neonatologists, nurses and music therapists.

In the form of lullabies, music therapy between parents and children has unofficially been going on since the beginning of time.

“The lullaby is like the secret ingredient,” said Loewy, an internationally known authority on music therapy. “It’s like a recipe passed from one generation to the next.”

However, the value of lullabies and many other sounds toward a baby’s development — especially babies born prematurely — was officially confirmed six years ago after a major study at 11 hospitals.

“The informed, intentional therapeutic use of live sound and parent-preferred lullabies applied by a certified music therapist can influence cardiac and respiration,” Loewy said. “Entrained with a premature infant’s observed vital signs, sound and lullaby may improve feeding behaviors and sucking patterns and may increase prolonged periods of quiet-alert



Andrew Rossetti, who will team with Dr. Loewy at the workshop, searches for just the right tune to play on his guitar to help a premature infant.

states.

“Parent-preferred lullabies, sung live, can enhance bonding, thus decreasing the stress parents associate with premature infant care.”

Loewy’s explanation would be even better if it could be accompanied by a live demonstration of how her method helps a newborn premature baby. Like the one in the article about Loewy that recently appeared in The New York Times. It described a mother clasping her tiny, fragile baby closely to her breast and singing a lullaby version of the Beatles song “Eight Days a Week.” While momma sang, the heart monitor showed the baby’s heartbeat decreasing and its oxygen intake increasing.

Dr. Laura Beer, director of the music therapy program at Marylhurst University, is the reason that Loewy is coming to Lake Oswego. Their friendship goes back many years, and Beer is a total believer in what Loewy offers in First Sounds. It was Loewy who inspired Beer to begin a pilot music therapy program at Doernbecher’s Neonatal Care Center. “When babies are born pre-

FIRST SOUNDS

The First Sounds workshop will be held in the BP John Administration Building on the Marylhurst campus, located at 17600 Pacific Highway, Marylhurst. Cost for the workshop is \$250 for professionals and \$125 for students.

To register: marylhurst.edu/nicu-mt.
Email: music@marylhurst.edu
Phone: 503-699-6293

maturely they are placed in NICU units and subject to environments not nearly as stable or soothing as the womb,” Beer said.

“The right use of music, however, can reorient these infants, provide comfort, and help regulate their breathing and heart rate patterns.”

Beer added, “I have already used her methods in the classroom, and students are eager to know more.”

Marylhurst is lucky to get Loewy and Rossetti, because their workshop is in demand all over the world.

“I’ll be in a country every month this year,” Loewy said. “Like Norway and London. I’ve got 13 countries on my schedule.”

“The lullaby is like a secret ingredient. It’s like a recipe passed from one generation to the next.”

— Dr. Joanne Loewy

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TUESDAY, JANUARY 19, 2016

'McCallandia' imagines McCall as president

By JOHN BLOSS
For Pamplin Media Group

The great appeal of science fiction and alternate-history literature is to change a specific detail or insert an imagined historical event and observe the ripple effects.

Many popular mainstream movies, such as the 1980s classic "Back to the Future," play with the same theme, as does the current Amazon streaming series called "The Man in the High Castle," which features an alternate history of the United States if Germany and Japan had won World War II.

My interest in this type of fiction led me to recently read "McCallandia: A Utopian Novel" (\$20, Nectucca Spit Press) by Bill Hall, a former Pacific University undergraduate who speculates on how the post-Watergate era might have played out differently.



Hall's storyline prominently features iconic political figure Tom McCall, a two-term Republican governor of Oregon, noted for his unconventional political style and focus on environmental issues. The author also takes additional creative license and inserts himself into the storyline, though only as a minor character.

The central concept of the book is that Congressman Gerald Ford does not become the vice presidential replacement for disgraced Nixon running mate Spiro Agnew in 1973. Instead, the position goes to McCall, who, according to the real timeline, is far into his second term as governor of Oregon.

The Oregon politician is seen as a safe "out of the box" choice by the Nixon administration and likely to merely fill out the ceremonial duties of a VP through that president's second term in office.

Hall, who is currently an elected Lincoln County commissioner and a Democrat, is quite effusive in his admiration of McCall. The author takes this high regard to the level of producing a book-length homage to how McCall could have changed history had he become president.

Michigan native Gerald Ford does figure in "McCallandia," accepting an invitation to work in the White House as a key staffer charged with spearheading policy initiatives in Congress.

Similarly, Jimmy Carter, former governor of Georgia, also appears in the storyline.

However, in the alternate reality of this work he fails to achieve his objective of the Democratic presidential nomination in 1976. That prize in this retelling is won by another well-known western U.S. political figure — Jerry Brown, the once and future governor of California.

The U.S. presidential campaign of 1976 is a much different tale in "McCallandia." To give away too many details on this reimagining would be a major spoiler as it's one of the more interesting and compelling sections of the book.

Suffice to say that the '76 fictionalized campaign features certain approaches to public policy and a breaking away from the limits of our rigid two-party system that are intriguing. Hall puts his academic and working-journalist background to good use in this chapter (and throughout the book) to describe the heated contest with imaginary press accounts, political speeches, news conferences and a particularly clever turn of events in the TV debate among presidential contenders.

Anyone who lived through the Watergate era would also find it interesting as many real characters in that unfortunate national saga also appear in the book.

See BOOK / Page 9

LAUGH!

and the world laughs with you

Laughter Yoga is fun path to mental, physical health

By CLIFF NEWELL
Pamplin Media Group

Laughter Yoga is no joke. Seriously.

Upon seeing the term for the first time, it is natural to assume that it's a put-on, or at best something very, very silly. After all, society frowns on people standing around and laughing for no apparent reason.

But Andrea Crisp and Laura Lou Pape-McCarthy are not nuts. Sure, they do an extraordinary amount of laughing, but it is all in the cause of spreading the gospel of how laughing for laughing's sake can make you feel better in every way. You may start out queasy, but you'll end up happy.

Pape-McCarthy, a certified Laughter Yoga instructor, gives herself as a great example of what Laughter Yoga can do.

"I'm much more relaxed at the end of the day, I'm more aware of my emotions and how and when my body reacts to them, and I'm more confident in the choices I make each day," she says.

"Laughter Yoga keeps my body strong and healthy. It helps me avoid feeling overwhelmed by the world, so I can get on with doing the best I can while being true to myself."

The godmother of Laughter Yoga in Portland is Andrea Crisp. When you call Crisp for the first time at Portland Laughter Yoga, you hear a long, hysterical laugh on the voice message. This can be alarming and disconcerting, just like trying Laughter Yoga for the first time. But if you stick with Crisp you will find a young woman seriously dedicated to helping people feel better in their hearts, minds and bodies.

"People think yoga is all about stretching," Crisp says. "They think Laughter Yoga is weird or hard to do."

Laughter Yoga began about 20 years ago in India when a physician named Dr. Madan Kataria was seeking a better way than normal yoga to help his stressed-out patients. After doing heaps of research, he came up a solution: laughter.

This great movement started in a public park in Mumbai when Kataria and five patients gathered together with the purpose of laughing a lot. At first, this took the traditional form of telling jokes and funny stories. It worked so well that their little group grew to 50 people within a couple weeks.

Then calamity struck. They ran out of good jokes.

The answer was more research. Kataria found that the body cannot differentiate between fake and genuine laughter. Evidence pointed to both kinds of laughter creating the same happy chemistry in the body. As with many great ideas, people were skeptical at first. When they first tried laughing at

See LAUGH / Page 9



The godmother of Portland Laughter Yoga is Andrea Crisp (above), who confides, "It would save me from the disorder of living. I got training in Laughter Yoga, and it was such a powerful experience." A happy scene from Laughter Yoga International Day (left) exemplifies what Laughter Yoga does for people. COURTESY PHOTOS

Arnold's world of paper flowers

Precisely rolled napkins turn into beautiful petals

By ELLEN SPITALERI
Pamplin Media Group

It all started as a hobby that got out of control, says Arnold Drake World, about making the pristinely white paper flowers that customers love to ooh and ah about at the cafe inside the downtown Powell's Books.

World can be found carefully manipulating the sturdy white napkins he buys at the cafe nearly every day, but one thing he wants everyone to know — he does not sell the flowers. He never asks customers for money, instead preferring to give away the snowy blossoms, and then perhaps getting donations in return.

Another thing he wants to make clear is that the flowers



PAMPLIN MEDIA GROUP: ELLEN SPITALERI

Arnold World has been setting up his paper flower making hobby at Powell's Books on West Burnside nearly every day for two years. He once made flowers for Mayor Charlie Hales and wife Nancy.

do not happen in a free-form way — they follow a careful mathematical formula called the Fibonacci Sequence.

The sequence, named after Italian mathematician Fibo-

nacci, uses "a sequence of numbers that repeat throughout nature. (We) are hardwired to like art; the art reflects the numbers and the number reflect the art," World

says.

As he begins to roll carefully torn-off sections of the napkins to make the flowers, he writes down a formula for the order in which he constructs the flowers:

The number one is the stem; number two is for the flower's sun, or outer, leaves; three and four are for the supporting leaves; and number five is for the flower's reproductive system.

These numbers reflect the flower's actual structure in nature, he says.

Reading the crowd

The 50-something World has lived in Portland on and off for 11 years, coming to the city first to sell cars. He taught himself how to make the flowers about eight years ago, after realizing there was a market for paper flowers that don't require scissors, glue or art paper. He estimates that he has been coming to Powell's almost daily for two years, never

wearing out his welcome, always buying a drink.

What has he learned in that time?

"Certain flowers draw certain people; I look at the customers in the cafe and figure out what I should be making," World says.

Women, he asserts, like more linear flowers, like calla lilies, while men respond more to circular or rounded flowers, like roses.

One day a lovely woman approached him to ask about the flowers and then asked if he would make one for her husband.

"So I made one for Mayor Charlie Hales, and his wife (Nancy)," World says, noting that, of course, the mayor's favorite flower was the rose.

World has been featured in stories in other newspapers and was interviewed for and filmed by Oregon Public Broadcasting, he says.

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