







hen the economy started going south and the housing market tanked, Tualatin builder Jerry Reeves had a lot of time on his hands — so he headed south himself.

"I went down to San Francisco, to the Golden Gate School of Feng Shui, and I learned classical feng shui," Reeves said.

Reeves, 57, a licensed structural engineer, developer, and real estate broker, has been building high-end homes in the Portland area for nearly 40 years. But he says he has always been interested in learning new things, and feng shui — the Chinese philosophy of arranging work and living spaces to promote comfort, peace and balance in a person's life — fit in perfectly with the way he has always approached building.

"In San Francisco I studied classical feng shui through about nine months of curriculum. I got my certification in that and, along the way, got a holistic practioners license," Reeves said.

His training got him to thinking — and his thinking led him in a whole new direction. In his words, he reinvented himself and his company.

"I thought, 'What is the new builder going to look like?" Reeves said. "I have always liked to build natural homes, so all of the stuff I had been learning — Chinese medicine and understanding essential oils and all the rest of that stuff — fed into the way I had actually been building forever."

The result was a new line of what he calls Chi-Builders — "The world's first whole body optimizing system."

He started out pretty basic. He came up with a new concept for sleeping quarters — for dogs.

"I began thinking about things to help with health, and what was missing in our society," Reeves said. "And I came up with the dog sleepers." And he built one for his dog, Max.

Reeves designed the dog house like a puzzle, so all the pieces fit together without nails, screws or glue, is structurally sound and can be taken apart and set up again in 10 minutes.

And the sleeper fits in with living room décor, acting as an end table.

Then Reeves began to think about sleeping quarters for people, and developed Chi-Sleepers. They are built with the same method and materials as the dog sleepers — octagonal, cedar and no glue, screws or nails — but they have a door on them so you can be totally enclosed in your sleeping space.

"It's like having your own little cabin within the home," Reeves said.

In his literature about the Chi-Sleepers, Reeves says it "creates a secluded space apart from any activity ... In the Chi-Sleeper all you'll do is sleep, so

the subconscious will understand when you get inside to begin the process of shutting down the mind and waking biological processes, inviting sleep to overcome you effortlessly."

The special mattress, he said, is made of biodegradable, 100 percent natural rubber latex with no synthetic ingredients or fillers.

"If you just lay back in it, it just really feels good when you're in there," Reeves said.

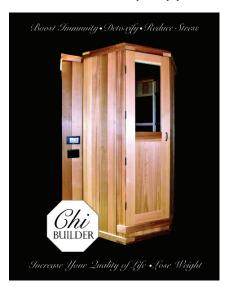
Finally, Reeves came up with the Chi-Builder — a "total body optimizer" — which Reeves has been developing for the past year.

He is careful not to make any medical claims about the Chi-Builders, and his literature is full of disclaimers and warnings — "It is every individual's responsibility to get approval from their doctor before using the Chi-Builder..." — but Reeves does say it's done wonders for him.

He claims that he has dropped 40 pounds — including a pot-belly he was never able to get rid of before — says he can eat anything he wants, psoriasis he had for years has almost completely cleared up and his blood pressure is perfect.

The Chi-Builder is constructed from the same FSC cedar and built to the same "sacred" dimensions and methods as his other Chi items, but is designed for a whole different purpose. It is lined with FAR infrared panels, comes with a rebounder on the floor, LED multi-colored lights in the ceiling, a surround sound audio system and optional flat-screen television monitor.

For the basic model, at \$34,000, it's top-of-theline Chi at its best — Far-East philosophy meets



high-tech.

With new age music pulsing through the speakers, Reeves climbs in the Chi-Builder — heated to about 135 degrees by the FAR infrared — and begins gently jumping on the rebounder.

"With the lights, the sound, the shape, the infrared, the gravity from the rebounder — when you put everything together, it just balances you out," Reeves said. "It's a great way to lose weight, detoxify and relax, and it's fun — in fact it's a bit addicting."

And, coming full circle, Reeves said the Chi-Builder has even made his dog Max

- who spends some time in it with Reeves
- a healthier dog.

"And he loves it," Reeves said.

After a year of developing the Chi-Builders, Reeves says he just now feels confident enough to put them on the market.

And Reeves says, the Chi-Builder is just the start of a line of Chi-Builder, LLC products.

"There are some other ideas with this shape I'm going to be taking down the road," Reeves said.

Chi-Builders

The basic model begins at \$30,000 with higher pricing for larger sizes and options such as flat-screen television screens.

Chi-Sleeper

The beds begin at \$7,000 to \$8,000 for the children's model, to around \$11,000 for the queen size, and \$14,000 for the king size.

Doqua

The dog houses range from \$1,000 to \$2,000 depending upon size.

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Perspective

Extraordinary
People
A 2010 Souvenir edition
of the Lake Oswego Review
and West Linn Tidings

OSWEGO FERITAGE HOUSE

On the cover

Clockwise from top left: Nick Goldschmidt, Lisa Sindlinger, Adam Klugman, Bill Warner, Becky Cartier and Priscilla Taylor

Cover photos/cover design by Vern Uyetake

An ad man who means what he says:

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Extraordinary community service:

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Celebrating a birthday by giving:

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Getting her career moving:

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Caring through cards:

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Work after retirement:

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Donating spirit:

▶ SouthLake Foursquare Church page 82

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Taking note of our extraordinary people

By J. BRIAN MONIHAN
Publisher
Lake Oswego Review
and West Linn Tidings

Finding extraordinary people to cover in Lake Oswego and West Linn is actually pretty easy.

The Lake Oswego *Review* and the West Linn *Tidings* make these kinds of stories the staple of our news coverage. That's a big part of what a community newspaper does — champion the many great things that our readers do to make a difference locally and around the world. From volunteering at local schools, supporting charitable organizations, helping to raise funds for things like stage houses to wells in Africa, or supporting people emotionally during their darkest hours when they've lost a loved one — let's face it, Lake Oswego and West Linn are communities filled with doers.

The not-so-easy task for our news team was narrowing down the long list of these folks. In the span of about an hour, our staff easily put together a list of over 100 people that we thought



J. BRIAN MONIHAN

deserved recognition. I'm sure we could have easily come up with another 100 names if we had an extra hour to work on this. And the reality is this list probably barely scratches the surface for both communities.

Our hope, for the most part, was that we could share with you the stories of people that we really haven't focused on before. This doesn't mean you haven't heard about these people. By their nature, many of these individuals are not strangers because they are involved in so many things locally.

We debated many individuals and narrowed the list to the group that you'll read about in this year's *Perspective*.

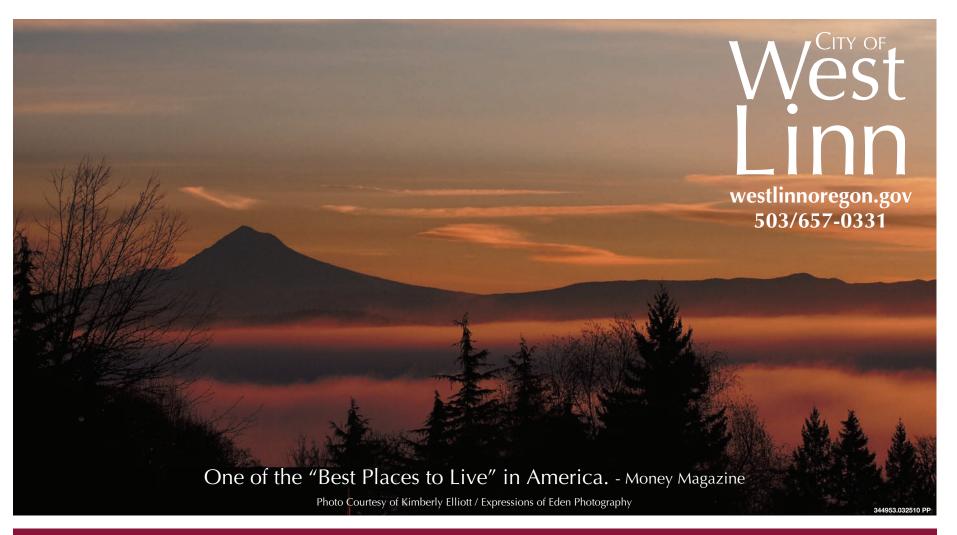
We hope you appreciate the many great and inspiring stories featured in this publication. Our staff has worked long and hard to create another outstanding *Perspective* that we hope will encourage others to reach out to make a difference locally and globally.

Lake Oswego and West Linn are the special communities they are because of the many people who are willing to step up and make a difference. We are all very fortunate to live and work in such great places.

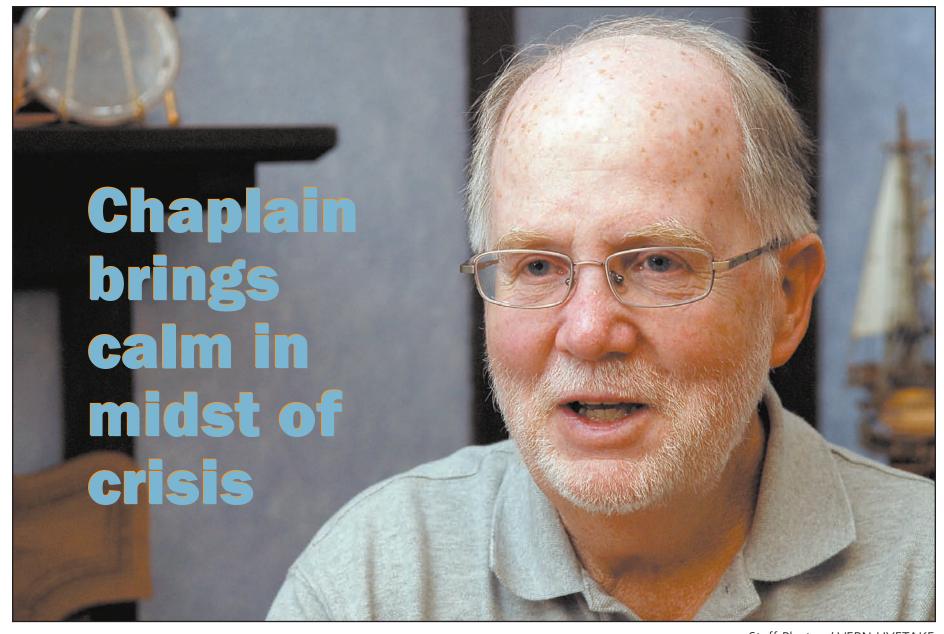
So during these difficult times, here's some very positive news that will hopefully make you feel better about your neighbors and your community.

Enjoy and be inspired!









Staff Photos / VERN UYETAKE

Chuck Boman, a West Linn resident, has survived several health scares as he continues to serve spiritual needs in West Linn and Lake Oswego.

Despite a cancer diagnosis and a heart attack, Chuck Boman continues to serve spiritual needs in Lake Oswego and West Linn

By KARI HASTINGS

Chuck Boman, Lake Oswego police and fire department chaplain since 1992, didn't plan to become a chaplain at all. After graduating from a Bible college in California, he was a pastor until moving his wife and three small children to Oregon.

It was as pastor of a small rural church near the Columbia River Gorge that his calling found him. A good friend's 2-year-old grandson drowned in a pond, a tragic accident that he was asked to respond to because of his connections in the community. He found himself comforting a family in its darkest hour, and then following up over the next few years to make sure the family members were doing alright.

His steady, loving, supportive presence in those moments impressed the local volunteer fire department, and the fire chief asked if Boman would be the department's chaplain.

"I remember saying, 'I have no idea what a chaplain does,'" said Boman, now 69. "And they said, 'Chuck, it's what you're already doing."

Boman went through the training and classes necessary to become a firefighter. He became certified in all sorts of things. For example, he's

FEMA-certified, and he's certified by the FBI to run a makeshift morgue.

But mostly, Boman, who served as senior pastor at what was then Lake Grove Christian Church in Lake Oswego from 1992 to 2003, did what came naturally to him.

A hand to hold

For those not familiar with the law enforcement world, when a chaplain is called to a scene, it's usually not a pretty one. Car accidents. Suicides. Murders. Drownings. Accidental

◀ deaths. Fires.

Terry Timeus, West Linn Police chief, has worked with Boman for many years, both in West Linn and Lake Oswego.

"Chuck was there for us when we lost one of our officers to a fast-acting cancer," Timeus said. "He officiated the funeral, he helped the family with all the details. And when we had the murder-suicide in our parking lot, I saw that whole thing happen, and Chuck was here in 10 minutes, as soon as he got safety clearance."

Many of the scenes Boman is called to are chaotic, Timeus said.

"I've seen him calmly standing by while someone is angry and screaming, and he waits for it to de-escalate and then goes over to offer comfort. He seems to be able to read what people need. I've seen him just sit quietly and talk with people, put his hand on someone, pray with them, hug them if they want it. He lets them dictate the path they need. He lets them grieve and continues to visit them as they move on."

Boman said his days as a chaplain in the Gorge area were a great training ground.

"We had the river, we had the railroad track, and we had the freeway, so there was a little of everything," he said.

He recalled one incident in which a couple he'd known for years was trying to haul a log uphill with a tractor. The wife was driving the tractor when the log hit a snag, and the tractor flipped back on top of her, killing her instantly.

"This was one of the most disfigured bodies I've seen," Boman said. "And the husband wanted to sit with his wife and hold her hand, and the firefighters didn't think it was a good idea; they wanted to cover her up. And I said, 'What we're going to do is clear the scene a bit, give him some privacy, and we're going to let him hold her hand, and I'm going to hold his other hand.' So that's what we did. He sat there and talked to her and prayed and held her hand, and I sat holding his other hand, and we did that for about half an hour. Then he was ready to let her go."

In incidents like these, Boman said it's easy for some to blame God. Despite all he's witnessed, he never does.

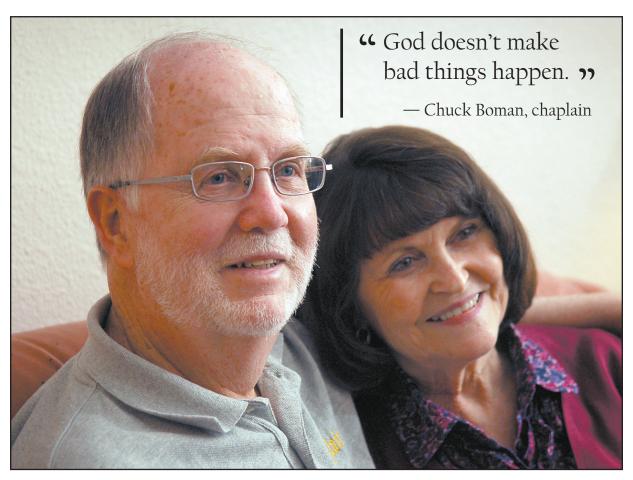
"God doesn't make bad things happen," Boman said. "And my faith has sustained me in this work — that and my wife Gail. She's the reason I'm still upright and functional."

A crisis of his own

Those two foundations — God and Gail — also have sustained Boman as he has dealt with his own personal crisis.

After being perfectly healthy all his life, he came down with Guillain-Barré syndrome in 2002, a nerve disorder that temporarily paralyzes the body and can lead to long-term weakness.

Throughout his recovery, during which doctors dubbed him their poster child for coming



Chuck Boman credits his wife Gail along with God for providing the two foundations that have helped sustain him through his own personal crisis. Below: His life-long involvement in service has generated badges from the many agencies that he has served.

back from the often-debilitating illness, Gail said she drove him to all his police and fire calls.

"It was so important to him that he continue to be there for the community," Gail said. "But he couldn't drive, so I got a box of reading material, and I drove him to his calls, read my books and magazines and drove him home."

Seven years later, in 2009, Boman was diagnosed with prostate cancer. He chose a cutting-edge program called Proton Beam Therapy only available in a few states. He

spent nine weeks in treatment in Loma Linda, Calif., and is now receiving hormone shots. He'll find out in the next year and a half whether the therapies worked.

The last in his string of health issues was a heart attack in July 2009, which Boman said he was lucky enough to have while he was hooked up to monitoring equipment at a hospital. He was rushed into surgery, a stent was placed in his heart, and he had virtually no damage.



Boman said some of the principles he practices as a chaplain have helped him in dealing with his own struggles.

"I've learned that you don't try and explain what has happened, because many times there is no explanation," Boman said. "You just listen, and based on what is real, you try and give people hope. You tell them you will survive this; it may not get better, but you will survive this."

■ Journaling was one of Boman's saving graces during his weeks of treatment in California. He filled 300 pages with notes. He recommends writing down your thoughts to those suffering with their own problems, be them health or otherwise.

'You've been blessed'

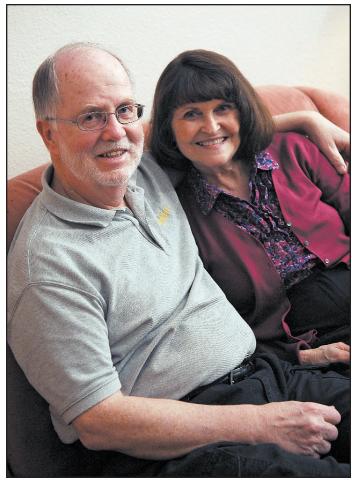
"Whatever happens, it's OK," Boman said. "The world may go on, and you may not, but it's OK, because you've been blessed."

The phrase "count your blessings" may seem trite to some, but to Boman, it's a mantra. He counts Gail and his three grown children, Leana, a music teacher, Alan, a police officer, and Dave, an occupational therapist and musician, chief among them. He has six grandchildren, ranging in age from 7 to 16. He has had a long, illustrious career as a pastor and police/fire chaplain — a career that is still going strong.

Boman said cancer will probably change the way he ministers, although he's not sure how. One thing he is sure of — he will continue to choose the good in life.

"We always have a choice, no matter the situation, and I have people ask me, 'Well, what should I do?' and I always say, 'Choose good,'" he said. "That applies to your outlook, too. Sometimes we focus on what's wrong instead of what's right."

The pity party route, Boman said, is no way to go.



Chuck and Gail Boman plan on facing the future together, including finding out in the next year whether he has indeed been able to beat his cancer.

"People who've had health problems, you look at things differently," he said. "You appreciate more, and your value system changes. There's something about a crisis that clarifies what's important."

Knowing that he'll find out during the next year whether he has beat cancer or not doesn't scare him, Boman said.

"I'm OK with the results, either

way," he said. "Being OK is not necessarily getting well. There's a place that exists beyond the realities of this world, and everyone seems to want to go there, so it's OK."

Meanwhile, Boman continues to respond to calls for the Lake Oswego and West Linn police departments and the Lake Oswego Fire Department. That's the way it goes when you have a calling.

High honors

Chuck Boman, 69, is the chaplain for the Lake Oswego and West Linn police departments and the Lake Oswego fire department. He is a member of the Public Safety Chaplains and the International Conference of Police Chaplains.

Below are some of the highlights and awards from his long career as a chaplain:

- Lake Oswego Rotary —
 Vocational Service Award —
 Dedication to Outstanding
 Service to the Community (2001)
- City of Lake Oswego Outstanding Volunteer (1995)
- East Multnomah Pioneer Association — Contributions to the Community Over Many Years (2007)
- Chief Heini Ziegler Award
 Community Service Award by Multnomah County Fire District (2008)

"I always say, 'Christians don't retire," Boman said. "They just find new ways to serve."

Freelance reporter Kari Hastings feels privileged to have been able to write this story on Chuck Boman, who officiated her 2006 wedding to Photographer Vern Uyetake. She would like to thank Chuck for bringing a much-needed calm to the hectic morning of her wedding day.

By CLIFF NEWELL

Four years ago, Bill and Diane Savage of Lake Oswego had the ambitious, humanitarian but seemingly totally impractical idea of providing water for the people of Zambia, Africa.

"We needed \$60,000 to drill five bore holes," Bill Savage said. "I had no idea how to raise it."

Today, the Savages head a 501(c)3 nonprofit called WaterAfrica, and its growth has been amazing. An organization that started with just two people in 2006 now has a board of directors and up to 30 volunteers, a Web site, stunningly effective fundraising, and a whole slate of

A QUICK LOOK



Bill and Diane Savage

upcoming projects right here in Lake Oswego.

"We got our nonprofit status declared in less than three months," Bill Savage said. "It's usually a nine-month process."

But things have been happening in that manner for WaterAfrica ever since it started. The couple has now raised \$500,000 and provided water for 15,000 Africans.

Bill compares it to "like drinking out of a firehose. A lot of doors have opened."

"We've been so successful we're now looking beyond our original goals," Diane Savage said.

These goals include providing water for an area nine times as large as the

Savages planned at first.

"The seeds have grown and continue to grow. It's just exciting," Diane Savage said. "It's exciting to tell people about it."

The former schoolteachers had not planned on their retirement years being so busy. But the Savages are not complaining.

"This is what keeps us going," Diane Savage said. "We aren't really retired. This is our way of doing something. If everyone did that we'd have a different world."

For more information about WaterAfrica go to the Web site at www.WaterAfrica.org.

Cliff Newell is a reporter for the Lake Oswego Review and West Linn Tidings.





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Oswego
O R E G O N

By NICOLE DECOSTA

Cameron Lasley has an alter-ego — Laz D. Close friends call him Cam. But whatever you call him, the 28-year-old Lake Oswegan has made a name for himself in the local music industry despite his unusually optimistic lyrics about hope and compassion, set to rap music.

"Come follow me / I'll take you on a journey / A message in a song / Is how I tell my story...," said Lasley over a thumping piano beat and soothing layered chants on his song "I Got A Story."

And his story is a lot different from most rappers — no swear words, drug use or jail time.

Lasley, who doesn't talk about having Down syndrome, also doesn't let the chromosomal condition affect his music or outlook on life. He surrounds himself with positive influences and says he's passionate about writing and performing music. His first CD titled "The Man Himself" was released in 2006. Some tunes were played at the Rose Garden arena as the Portland Trail Blazers warmed up before games. Lasley was also just getting warmed up.

His 2009 release "In My Face" solidified his seriousness with song.

Lasley's parents said they wanted their child to grow up in Lake Oswego and experience what any other kid did. Lasley played with his older brother, got involved with sports and decorated his room with posters of mainstream musicians, like any other kid.

He also secretly wrote song lyrics of his own — good song lyrics — and wanted to become a rapper. So, his family supported him and now the world is catching on to his talent.

After meeting Jack Gibson, an Austin, Texasbased musician producer, Lasley's journal was set to music: Lasley rapping the verses and Gibson joining in on the choruses, with faster-paced word phrasings at live shows and on recordings.

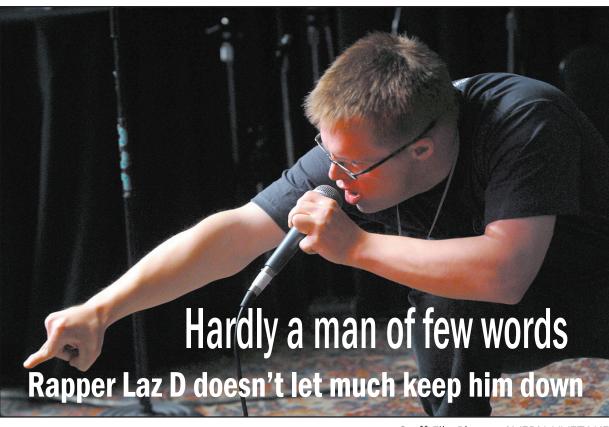
Lasley has spent the past few years penning lyrics, performing live at places like the Buddy Walk in New York's Central Park, which raises money for the National Down syndrome Society; selling merchandise; holding peace marches, like his 50-person strong march on Portland's Clinton Street; updating his Web site and shooting music videos.

His video for his song "Street Anthem" has 100,000 plays on YouTube.com.

Lasley said he wants his songs to be inspirational. He hopes to encourage those discriminated against and comfort anyone hoping to achieve their dreams — something he said he's experiencing with each CD release.

His third album is in the works and the "R word" (retard) will again purposely not show up in his lyrics.

Neil Plein of Portland described the music best while selling Laz D merchandise at his "In My Face" album release party at Portland's Lola's Room at McMenamins' Crystal Ballroom last



Staff File Photos / VERN UYETAKE

Lake Oswego's Laz D (also known as Cameron Lasley) hits the stage at Portland's Lola's Room at McMenamins' Crystal Ballroom back in August 2006 following the release of his first CD titled "The Man Himself." Below right, he performs with Jack Gibson, his musical collaborator.





year, saying, "It fits into a hip-hop genre but appeals to the human condition."

Lasley is hardly a man of few words. For more information about Laz D, visit the Web site at www.laz-d.com/index.html.

Nicole DeCosta is a staff reporter for the West Linn Tidings and the Lake Oswego Review.



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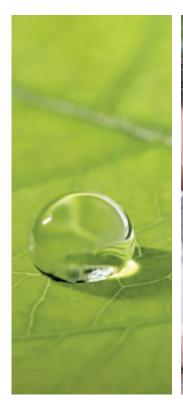
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Lakeridge equipment manager, 91, still enjoys the thrills of all the Pacer sports

By MATTHEW SHERMAN

During his 23 years at Lakeridge High School, Reed Garrison has suffered a major knee injury, been through kidney failure and was legally dead for more than five minutes after a massive heart attack.

And, in that time, he has missed just one Pacers football game.

"I'd had my heart surgery that week and there was a game in St. Helens. I wanted to go but coach (Mike) Coulson forbid me. He said he wouldn't let me on the bus," Garrison said.

Now 91, the equipment manager is a living mascot and an institution at Lakeridge. But when he first came to the school, he may have acted as its good luck charm. After retiring from a successful career as the director of the Oregon Potato Commission, Garrison moved to Portland and it didn't take him long to get restless.

He decided to see about picking up a few classes at Clackamas Community College with the intention of eventually earning a degree from Portland State University. As fate would have it, the registrar at CCC struck up a conversation with Garrison and found out that he was looking for a way to stay active. The registrar knew Dale Cleland, assistant principal at Lakeridge at the time, and also knew that he was looking for some equipment help. Garrison showed up and took the job having no idea where it would lead.

"I thought I'd be here one year and that turned into two years and so on. I've loved every minute of it. I plan on being here as long as they'll let me or until I just can't do it anymore," Garrison said.

In his second year at Lakeridge, Garrison was with the Pacers football team every step of the way as it marched to the school's first and only state title in the sport and it is still one of his fondest memories.

"All of those state championship teams are such a thrill. To share that with the kids and see their enthusiasm just gets you," Garrison said.

Athletics were a big part of Garrison's life growing up and he credits his high school football coach in Nebraska for much of his success.



Staff Photos / MATTHEW SHERMAN

At age 91, Reed Garrison is still going strong as the equipment manager at Lakeridge High School. Both a living mascot and a school institution, Garrison has thrived despite several serious health issues.

Garrison dropped out of school late in his high school career but, when he eventually returned home, he ran into his former coach, who fixed him up with a place to stay and informed him that if he took summer school, he still had a year of eligibility left if he wanted to play.

Garrison went back to school and says his coach "took the time and showed kindness to a kid who was pretty lost."

Whenever a student who is struggling finds his way into Garrison's office, he tells that story.

"I'd like to think I've helped a few kids in my time here but if I've even helped one, my life's complete," Garrison said.

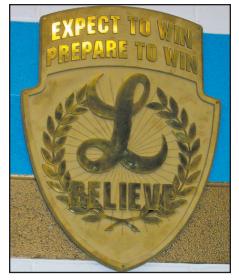
Through his work, Garrison has traveled all over the country and all over the world but he has found a home at Lakeridge. He says that the staff and student support he has received over the years has been overwhelming at times.

For his 90th birthday, the school threw him a surprise party with the entire student body flooding the commons for him and he was presented with his own letterman's jacket.

"I know I appreciated this more than I would have if I'd had one as a kid," Garrison said.

Last year Garrison suffered kidney failure, which nearly took his life. When he pulled through and entered the recovery room, there to greet him was an enormous banner with signatures from staff and students.

"I don't think they'll ever know



what that meant to me," he said.

Garrison is still a fixture at every home sporting event he can get to and has seen some of Lakeridge's best times and most talented sports teams. And he believes that the school will only get better in the coming years. He also noted football coach Tom Smythe's return as another highlight for him in the past 23 years and credits the current staff



Reed Garrison remains a fixture at Lakeridge High School. At left, the Pacer shield in his office says it all.

for making that happen.

"I've seen some great people come through here but the administration they have up here now might be the best," Garrison said.

Two seasons ago Garrison witnessed Lakeridge's first true home game on its campus and hopes to be around when the new stadium is

built.

"I'd love to see that but even if I'm not here I'll be watching that game from the clouds," Garrison

Matthew Sherman is the sports editor for both the Lake Oswego Review and the West Linn Tidings.





This lawyer has gone to the dogs

By KRISTEN FORBES

Autism Service Dogs of America is a nonprofit organization started by Lake Oswego resident Priscilla Taylor after she recognized the need for service dogs to be trained to help autistic children and their families.

A lawyer since 1986, Taylor had been practicing for 15 of 16 years when she found herself wanting to do something different — something more. She saw a special on the Oprah show about Bonnie Bergin, who was receiving a Use Your Life award. Bergin founded the Assistance Dog Institute in California and started Canine Companions for Independence, which trains and provides assis-

After practicing law for more than 15 years, Priscilla Taylor founded Autism Service Dogs of America

tance dogs.

"She brought the whole service dog concept over to the United States, maybe 40 years ago," Taylor says.

Inspired, Taylor went to California and trained at the institute.

"During training, I asked, 'What about autism?' The response was, 'What about it?' So I asked, 'Why

aren't dogs being trained to help autistic kids?" she recalls.

Again and again, she received the same answer: You can't place dogs with kids.

"But everything a dog does for someone is what those kids need," Taylor says. "When they're feeling lonely, isolated, frustrated, when they can't express themselves and don't have a friend — dogs can help with all of that."

Two years later, Taylor was attending an international conference and heard about a group in Canada that was training dogs specifically for autistic kids. She went to Canada, learned what they were doing there, then brought the concept back to the United States and founded Autism Service Dogs of America.

"It's hard work, it's a lot of work, and it's probably a lot more work than I thought it would be, but it's the kind of work that needs doing," Taylor says. "The kids need these dogs. And it's fun. We get to work

with kids and puppies — what's not to like?" Taylor now places dogs with families all over the United States. She is constantly hearing success stories from the families, who have noticed marked improvements in communication, expression and mobility. After spending time talking to and communicating with the dogs, autistic children (who often have deficits in expressive and receptive speech) generally become more verbal and engaged in conversations.

The primary purpose of the dogs, she says, is to help the children with their safety and mobility. Taylor has many examples of families who feared for the safety of their children, who kept running away without warning. With the dogs, kids can be attached with a waist leash. They are trained to use a handle that is also connected to the dogs.

"They don't want to run away any more because they love the dogs so darn much, and they can't run away, because the dogs outweigh them," she explains.

Taylor has heard from families who couldn't go to farmers' markets or Costco or the mall or a sibling's baseball game for more than a few minutes before the children became over-stimulated and overwhelmed.

"Now, they can go for three or four hours," Taylor says. "Now, the whole family can do something together."

She knows families who have been able to go to Disneyland or on rafting trips, canine companions by their side. Before the dogs, parents were constantly worrying about kids running into the street, getting hurt or running away.

"After the dog, you don't have to be nervous about that anymore, and you get to do so much more as a family," she says.

The dogs have also helped children to stay on task more at school. Meltdowns become fewer



Priscilla Taylor gets a vest ready for an outing with several of the the Autism Service Dogs of America canines.

and the ease of transition in the classroom is markedly improved, Taylor says.

"What our dogs do for these kids is miraculous," she says.

Still a practicing attorney, Taylor traded free time for her commitment to the cause when she started Autism Service Dogs of America. Her trainers, volunteers, dogs and kids, she says, keep her motivated and keep her going.

"I'd rather do this than work 12 hours a day at a computer," she says.

The Web site for Autism Service Dogs of America is www.autismservicedogsofamerica.com.

Kristen Forbes is a freelance writer. To view her blog, visit www.krissymick.blogspot.com.

By REBECCA MAYER

For the last 10 years, cardiologist Aubyn Marath has been donating heart surgery equipment, starting clinics and training cardiologists in the developing world.

It's a hard profession to export
— not like an emergency medical
technician who can easily transport his practice to other countries

Marath, who moved to Lake Oswego two years ago, took steps to form CardioStart in 1990. Now he works at Oregon Health Science University and much of his work uses local connections.

Marath came to the United States from England in 1989 and

A QUICK LOOK



Dr. Aubyn Marath

found that a large amount of equipment was thrown away. He had also worked in Canada, where he saw hospitals sterilize and reuse more equipment. Because of that, he has chosen to recycle used cardio equipment for use in setting up new clinics in other countries.

"Not only is it very satisfying to take, but we capture one of these (devices) legitimately and honorably and leave it in working operation," he said.

CardioStart has assisted 18 countries and helped the installation of permanent heart programs in 15. In each country, CardioStart officials look for local medical professionals who could use training in cardiac procedures so that they can leave a

functioning cardiac clinic. They provide educational lectures as well as bedside teaching.

Using medical throwaways from American hospitals, CardioStart has completed more than 590 surgeries.

More than a quarter of a billion people are related to someone affected by congenital heart disease worldwide, according to the World Society of Pediatric and Congenital Heart Surgery. The real numbers of how many individuals suffer from congenital heart disease are unknown because many of them live in developing countries and die before they can receive treatment.

Rebecca Randall is a reporter for the Lake Oswego Review.



Pictured Left to Right: Mary Puskas – LO School District; Dennis Schrag – The Children's Course; Michelle DeCourcy – American Cancer Society; Carol Winston – Rotary Club of Lake Oswego; Dennis Morrow – Janus Youth Programs; Jaye Taylor – LO Junior Women's Club; Sue Metzler – Oregon Historical Society; Roy Pittman – Peninsula Wrestling Club; Jerry Wheeler – LO Chamber of Commerce; Mari Lou Diamond – Greek Cultural Center; Lynne Saxton – ChristieCare; Kay Vega – Lakewood Center for the Arts; Lisa Hawash – Sisters of the Road; David Dickson – Marylhurst University; Nancy Tongue – Oswego Heritage Council; Leslie Abraham – Child Centered Solutions; Doug Oliphant – Lake Oswego Adult Community Foundation; Kate Myers – LO Junior Women's Club; Malcolm Mathes – Arts Council of Lake Oswego; Andrew Edwards – Lakewood Center for the Arts; Juanita Struble – The Struble Foundation/Music for the Heart; Art Scevola – Rotary Club of Kruse Way; Judi Johansen – Marylhurst University; Chris Dudley – Chris Dudley Youth Diabetes Foundation; William Barr – ChristieCare; Joan Dalton – Project Pooch; Dr. Bill Korach – LO School District; Sister Mary Dernovek – Lake Oswego Adult Community Foundation; Ed Popkin – Rotary Club of Kruse Way

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John Teton: A man with a vision

Solving world hunger is a goal this Lake Oswego man feels is definitely possible

By LINDA HUNDHAMMER

A true visionary imagines what does not yet exist — but might some day.

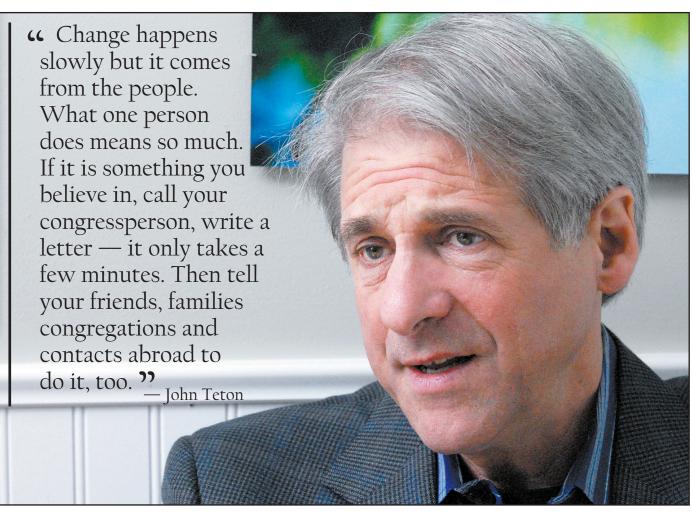
John Teton, a filmmaker, writer, teacher and combatant against world hunger is a 21st century visionary.

"When I explain to people that I think we can solve world hunger, some say, 'that will never happen.' But some see it otherwise. In fact, I continue to hear, 'The time for this has come,' said Teton, who lives in Lake Oswego.

Teton is the author of the International Food Security Treaty, a 700-word document he drafted in 1993.

"My daughter, Sage, wanted to know what we could do to help the people starving in Somalia," said Teton. "I found the laws underlying the human right of freedom from hunger, which make it a crime to use hunger as a weapon, but they weren't being enforced. At that moment, I felt like I was getting an assignment I couldn't wriggle out of."

Since then he has presented the IFST in five briefings on Capitol Hill, to representatives at the United Nations, at major universities, including Johns Hopkins, New York University, the University of Oregon and the law schools at Harvard, UCLA and University of California,



Staff Photos / VERN UYETAKE

Lake Oswego's John Teton is a filmmaker, writer, teacher and believes that the battle against world hunger can be won.

Berkeley.

"The treaty has moved ahead relatively swiftly because it is a common-sense approach," said Teton. "Hunger is the world's most widespread public health problem with more victims than all the world's crimes and wars combined. We have established that IFST is a credible concept. The next step, where we are now, is to get the proposal before the UN with sponsors from every part of the world to push for it."

The IFST is founded on four basic tenets:

- Countries will provide access to a minimum standard of nutrition to all people within their borders unable to gain access on their own.
- Countries will contribute to a world food reserve, and assist nations needing emergency help.
- Laws will be established and enforced prohibiting activities that deny the minimum standard of nutrition to any person.
- Nations will support United Nations food security enforcement actions in cases where governments are unable to enforce such laws on their own.

Teton realizes that this kind of social change will take time. Historically, social upheavals like abolition, suffrage and child labor were opposed by some very powerful industries. But today, Teton and the IFST volunteers are fortified by the fact that most people, including some very powerful people, realize that there is no longer a fundamental need for hunger. The Earth can feed its people, we just need a commitment to do so.

To move the IFST forward, Teton has faith in "the same eight-word prescription that advances all social change: Pressure governments and get others to do likewise

"Change happens slowly but it comes from the people. What one person does means so much. If it is something you believe in, call your congressperson, write a letter — it only takes a few minutes. Then tell your friends, families, congregations and contacts abroad to do it ,too."

In a grassroots effort to circulate his message, Teton is using his professional skills as an animator and filmmaker.

"We are creating a five-and-half-minute video that we will post on youtube.com. The message will probably reach more people in the first six weeks than all of my speeches over the past 10 years.

"It's called 'Thunder Head Clearing,' and in an entirely animated film with no dialog at all, we hope to illustrate the IFST mission.

continued on page 19 >

• "Whether or not it aims to do what we set out to do, one can only wait and see. But will it be different? I can be pretty sure of that."

Teton is a filmmaker and author by trade. He is the founder of Earthlight Pictures Animation Training School, a virtual classroom where he teaches animated filmmaking to students from around the country and around the world.

Teton is also a science fiction author of two books, "Appearing Live at the Final Test," and "Upsurge." It was in doing research for "Upsurge" that he formulated the core ideas for the hunger treaty.

Critics have called his books"thought-provoking" and "drama(s) of unparalleled vision," stories that "raise some serious concerns regarding the fate of civilization," and "a great book that will show readers that you are never too young or too old to take action."

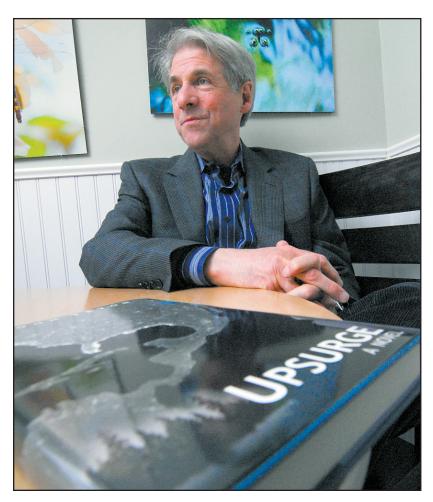
Teton is currently working on his third book.

As a child, Teton loved to gaze at the stars. As an adult, he still looks beyond — with vision, action and hope.

"I think there is a good chance that we will see the hunger treaty enacted in my lifetime," Teton said. "It will be like a hyperbolic curve, once people are on board, more will get on board.

"The words I want to hear are: 'I never thought I'd see this day."

Linda Hundhammer is a reporter for the Lake Oswego Review and the West Linn Tidings.



John Teton feels that "there is a good chance that we will see the hunger treaty enacted in my lifetime."



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How do we create learning communities for the greatest thinkers and most thoughtful people...for the world?



After 12 years in the NBA and a diagnosis of early-onset Parkinson's disease, Brian Grant now is on a mission to educate the public and help provide funds to research the disease

By KARA HANSEN

If you're a sports fan, you've probably heard of Brian Grant — whether you remember his signature dreadlocks or the relentless defense he came to represent over 12 seasons of professional basketball in the NBA, including three years with the Portland Trail Blazers.

You may or may not know about the energy Grant has invested in low-income, sick or otherwise disadvantaged youths.

His dedication to helping others has continued despite a discouraging diagnosis: Last year, Grant learned he had early-onset Parkinson's disease, a disorder that slowly attacks the central nervous system, causing tremors in the hands, arms and legs, rigidity and stiffness throughout the body, slowed movements and postural instability.

Parkinson's usually affects people age 50 or older, according to the National Institute of Neurological Disorders and Stroke.

Grant is 38.

But the former Blazer and father of four — two boys and two girls — has turned the battle into a mission. He's now focusing his energy on public education and research of the disease, which has no known cause or cure.

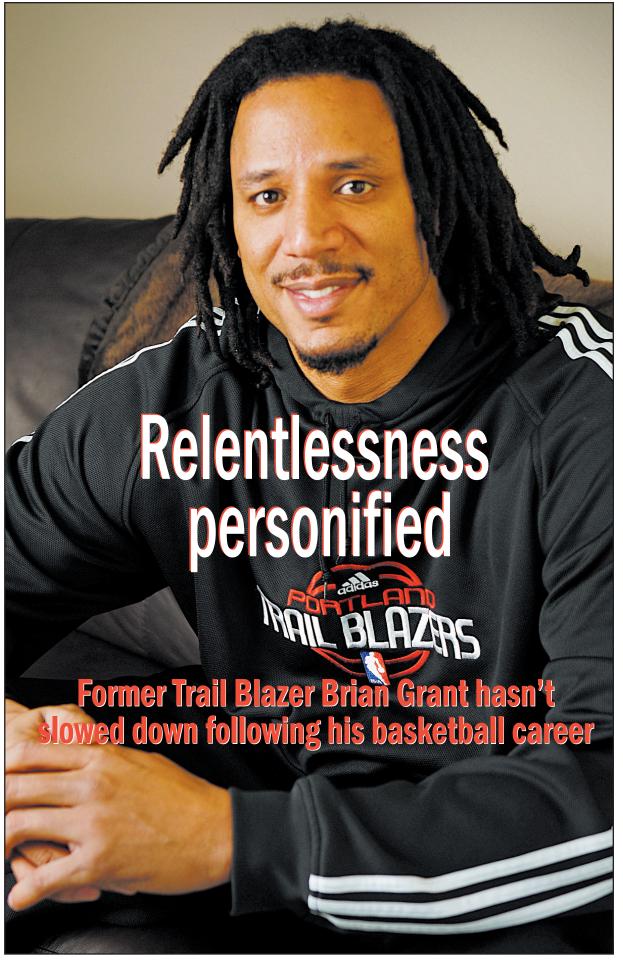
And he's building on an already well-established reputation for community service by planning a benefit for Parkinson's research.

The event, which will take place in August, is called "Shake It Till We Make It."

"That's kind of my slogan going forward," Grant explained while at home in West Linn. "This is one of the biggest things we've taken on."

That means a lot coming from Grant, who in 1999 landed the NBA's J. Walter Kennedy Citizenship Award after years of giving back to the community. He was on the Blazers at the time; no other Portland player has won the honor since.

He started the Brian Grant Foundation more than a decade ago as a platform for helping seriously ill children, their families and disadvantaged youths.



Staff photo I VERN UYETAKE

Brian Grant, one of the most popular of all the former Portland Trail Blazers, has remained very active locally following his retirement from the National Basketball Association.

◀ The foundation has fed families involved with Mothers Against Gang Violence, distributed Thanksgiving dinners and supported a scholastic attendance program. Grant has worked closely with Ronald McDonald House Charities and once led a bone marrow drive to help save a 16-year-old boy fighting leukemia.

He continued some of those efforts and took on new ones after Portland traded him to Miami in 2000, as well as during stints with the Los Angeles Lakers and Phoenix Suns. But it wasn't the same.

"It wasn't like I could go up to Doernbecher (Children's Hospital) after practice or to the Ronald McDonald House," Grant said. "And in Portland, it's like people come out in force to help when they find out you're doing something for the greater good, to benefit people who need it."

After moving back to West Linn — knee problems forced his retirement in 2006 — Grant launched a program for local youths. A collaboration with the city parks and recreation and police departments and a



Staff photo I VERN UYETAKE

Former Trail Blazer Brian Grant and Lauren Forman, director of the Brian Grant Foundation, go over promotional materials at his West Linn home in preparation for an upcoming benefit for Parkinson's disease.

local church, 789 Jam offers monthly dance parties for students in the sixth through ninth grades.

And this year, Grant rejoined the Blazers in a new role: As a member of the Trail Blazer Alumni Ambassador Corps, an elite organization whose ranks include other standouts like Chris Dudley, Harry Glickman, Jerome Kersey, Terry Porter and Dale Schlueter.

The ambassadors represent the

team at community events year-round, including the annual Harvest Dinner for homeless and low-income individuals, Ronald McDonald House events and free youth basket-ball camps.

Grant said he does it to "give back. "I grew up in a town of 2,000 people, and a lot of the time the church was the one giving us dinner, and others helped put clothes on our backs," he said. "I was given so much and was blessed so much. I have just tried to help out wherever I thought

He also doesn't think his efforts are all that unusual, noting many current Blazers are helping the community more than people realize.

"But guys don't do it to get recognized," he said. "They do it to accomplish something and be genuine."

He hopes to receive the same generosity at his upcoming benefit for the Michael J. Fox Foundation for Parkinson's Research. Fox will join Grant for the two-day event, as will

continued on page 22 >



GREEN GREEN

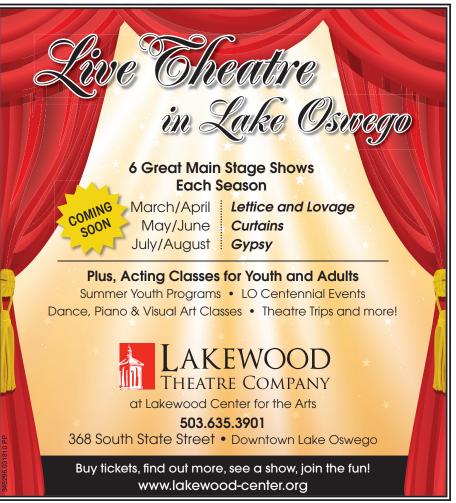
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Submitted photo I COURTESY OF THE BRIAN GRANT FOUNDATION Portland Trail Blazer Coach Nate McMillan, left, and Brian Grant serve up food during a benefit at the Rose Garden.

■ Muhammad Ali and Pat Riley.

If anyone discovers a cure for Parkinson's disease, that person will be bankrolled by Fox's foundation, which often funds experimental and higher-risk programs in hopes of achieving more innovative results, Grant said.

"If a cure is found within my lifetime, I believe it will come from one of those grants to scientists."

Kara Hansen is a reporter for the West Linn Tidings and the Lake Oswego Review.

By MATTHEW SHERMAN

Before there was Mark Spitz or Michael Phelps, there was Lake Oswego's own Don Schollander.

Schollander grew up in Lake Oswego and led the Lakers to a state swimming title in 1960. Just four years later, he was on his way to Tokyo to compete in the Summer Olympics and was on the verge of making history.

Schollander swam in four events: the 100 freestyle, the 400 freestyle and the 400 and 800 freestyle relays. He won four gold medals, becoming the first U.S. swimmer to ever win that many golds in swimming at the Olympics.

A QUICK LOOK

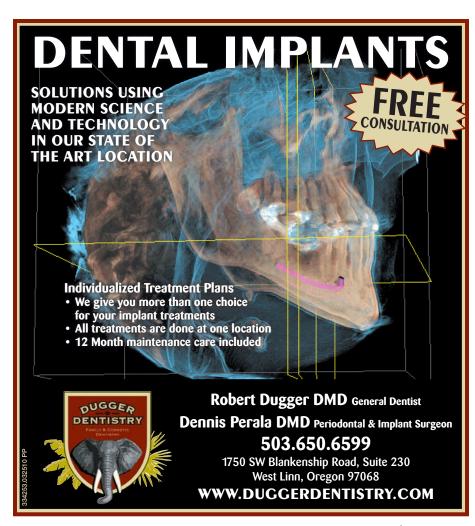


Don Schollander

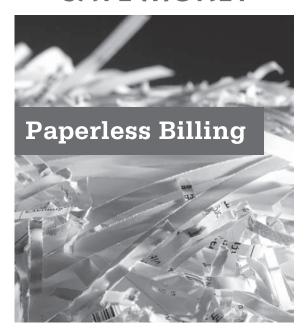
At the time, Schollander was the most decorated American summer Olympian since the great Jesse Owens. Four years later he was back at the Mexico City Olympics, picking up another gold in the 800 freestyle relay and a silver in the 200 freestyle in the first year that event was contested at the games.

And a few months later, he retired from swimming at the ripe age of 22. It was a meteoric rise for Schollander, who originally wanted to be a high school football player. In just a few years, he went from a complete unknown to a multiple world-record holder, multiple gold medalist and arguably the most heralded Olympian of his time. He made the cover of *Life* magazine and was named the AP Athlete of the Year in 1964. Still, with all of those accomplishments, Schollander has said that some of the most fun he ever had swimming was while competing for Lake Oswego High School.

Matthew Sherman is sports editor for the Lake Oswego Review and the West Linn Tidings.



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Staff photo I VERN UYETAKE

Local musician Daniel Work lives and breathes music. Here, he was found songwriting at Chuck's Place in downtown Lake Oswego. When he is not focused on his own music, he's often coordinating concerts and networking with other local musicians — especially children.

Daniel Work of Lake Oswego lives and breathes music and dedicates his days to sharing it with the local community

By NICOLE DECOSTA

His last name is also his mantra: Work.
Daniel Work moved to Lake Oswego three
years ago and has wasted no time settling to the
beat of his own drum — or piano or guitar, whatever instrument is the closest.

After owning a media production company in Tucson for 16 years — producing presentations for Fortune 500 company gatherings — Work was ready to change gears from producing videos, events and presentations. He traded his corporate gig for guitar and piano and headed to Oregon with his family to continue with similar projects,

but making sure they were all music related.

Now, Work, 49, lives and breathes music. Even the logo for his company— SmileyNote Studios, Inc. — is musical; it's a yellow smiling music note. Operated out of his home studio, Work creates music videos, Web sites, audio recordings and graphics for musicians and also coordinates equipment rentals, TV/film licensing and event production around the area.

In his short time living here, many in the community have watched his Walk in the Rain band or attended an event he organized in Lake Oswego or Portland.

"I think I've been successful getting the music community ignited and providing opportunities. And connecting Portland to the outside world," he said.

Work became the volunteer director for the Northwest Chapter of West Coast Songwriters because he "didn't think there were enough organizations helping musicians succeed professionally." The nonprofit organization was formed in the 1970s to foster creativity among musicians and build community. And that's exactly what

● Work is trying to do.

Once a month at Macadam's Bar and Grill in Portland, Work holds both peer-to-peer song critiques and a performing songwriter competition.

"There's definitely been growth. People that really were scared to death to be on stage (have now) gone out and performed on their own," Work said.

His Writer's Night open mic events give locals another platform to play. And it's not unusual for out-of-town industry professionals to sit in and give feedback to the performers.

Work became interested in music as a child and listening to The Beatles; now, helping local children become aware of the possibilities with music is a passion.

"It's so incredible to expose children to a wide variety of music — wider than what's on the radio — and to have them see what a positive (experience) it can be. They can grow and make friends. It's something you can have forever," Work said.

Starting with an event called Lake Grove's Got Talent, which has grown into Lake Oswego's Got Talent, Work — along with sponsorship help from Pacific West Bank — started a series to highlight children from kindergarten through high school and their artistic talents.

And on May 13, dozens of students will showcase their art and musical talents at a benefit event for the Lake Oswego School Foundation in the Lake Oswego High School gymnasium. As coordinator of the event, Work said, "we're hoping to raise \$10,000 that night."

With hopes of also raising funds for the Lakewood Center for the

continued on page 26



A versatile musician, Daniel Work plugs his energies not only into his music but a variety of local causes in the Lake Oswego and Portland areas.





Arts, Work is producing an April 13 benefit concert featuring himself, Marv and Rindy Ross — from Quarterflash fame — and Grammy-winning guitarist Doug Smith with his wife Judy Koch-Smith. A second fundraising concert for Lakewood featuring more musicians is already on tap for October.

"I'd love to see people get out and participate with the audience more. Most people out doing local original music don't make much money at it. We need people to go buy CDs and come to shows," Work said.

Music aside, the man is still striving to promote "a kinder, more gentle world," as he signs each e-mail he sends. As his children attend Lake Grove Elementary School, Work serves as treasurer on the school's Parent Teacher Association. He is also a treasurer and board member of both "Friends of Brookside," a club that restores natural areas around the Iron Mountain trails, and the Lake Grove Neighborhood Association.

Now in "writing mode," Work said he's often surrounded by crumpled pieces of paper as he writes material for a CD he hopes to release in 2010.

"I'm very excited about the songwriting," he said of the work in progress.

"You can't play football forever. You can't run a four-minute mile forever. But you can perform music and even if you can't perform it, you can listen to it," Work said. "It's a part of you that can exist forever. The arts make us human. Without (them) I don't' think we're complete."

Nicole DeCosta is a staff reporter for the West Linn Tidings and the Lake Oswego Review.



Focusing on his music, Daniel Work strives to pen a new song to share with his audiences.





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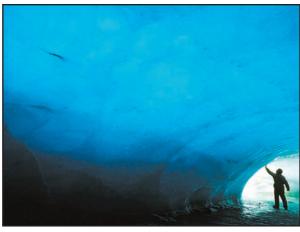
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Submitted photos I USED WITH PERMISSION OF GARY BRAASCH

Three of Gary Braasch's photos include: **Left:** This shot from September 2006 of Mount Hood in which he compares the declining snowpack to a similar photo he shot in August 1984; **middle:** An ice cave in a remnant of the Marr Glacier on Anvers Island in Antarctica shot in 2007. An illustration of climate change, the cave has since melted away; and **right:** Four wind turbines were added to the roof of developer Gerding Edlen's Twelve West Building in Portland, one of the first buildings in the country to have high efficiency LEED certified construction and wind generating capability.

Photographer shoots the world

By KRISTEN FORBES

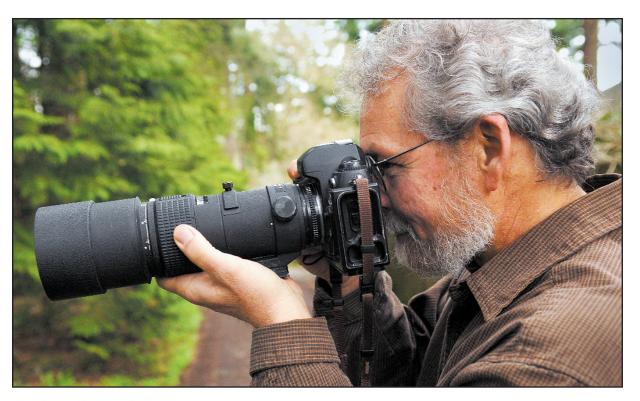
Gary Braasch was a journalist first, then a photographer focusing on nature photography, before encountering his true calling as an environmental photojournalist.

"In 1980, with the eruption of Mount St. Helens and with what I was learning about the old growth forest, I started to become really focused on environmental journalism," Braasch says.

His photographs have appeared in a wide array of publications, including *Time*, *Life*, *Discover*, *Smithsonian*, *National Geographic*, and *Scientific American*. He is an Ansel Adams award winner and his photographs have been used by Al Gore and Bill Bradbury in talks on global warming. His photos were also selected to be used on six U.S. postage stamps depicting climate change. More information about his publications and honors can be found on his Web site, www.braaschphotography.com.

In college, Braasch, who has lived in Lake Oswego for more than 10 years, saw himself as a "political animal," focusing on political science and journalism. He graduated from Northwestern with a master's degree in journalism and was on track to join a national news organization. After a few years in the Air Force (he says he wanted to avoid the military, but in this late Vietnam era he couldn't), Braasch rediscovered nature. He decided that instead of gravitating toward daily journalism as originally planned, he would instead try his hand at freelancing.

"I started traveling to the national parks, and that's when I found out I had a real talent for photography," he says. "I don't have any formal



Staff photo I VERN UYETAKE

World renowned photographer Gary Braasch has lived in Lake Oswego for more than 10 years.

training in it, but I definitely have a knack for design, composition and the way the light works."

Thus began a successful career as a nature photographer, but then the eruption of Mount St. Helens got Braasch thinking. He began talking to scientists, doing extensive research, and combining his skills as a photographer with his skills as a journalist.

"I had no idea what I was getting into, so I tried to approach it journalistically and not with a preconceived idea. I just let the scientists teach me," he says.

Starting in 2000, climate change became the focus of his career. He began raising money from individuals and small foundations to fund his

◆ project, World View of Global Warming. The project is a photographic documentary of climate change, starting with the pictures Braasch took in 2000. He plans to return to the places he photographed 10 years ago, and even five years ago, to document further changes.

Braasch spent three years writing the heavily researched and photographed books "Earth Under Fire: How Global Warming is Changing the World" and "How We Know What We Know About Our Changing Climate: Scientists and Kids Explore Global Warming," a collaboration with Lynne Cherry geared toward middle school-aged children. During this time, he focused a lot on fundraising, speaking, and promotions.

"Now, I need to get back out and start my photo documentation again," Braasch says. "I think it's really important that I continue doing my comparison pictures."

His powerful photographs have documented extreme changes in glaciers, coastlines and forests. His Web site, www.worldviewofglobalwarming.org, includes a Climate Photo of the Week, which Braasch tries to tie into current news and events.

"I'm a one-person environmental group, in a way," he says. "I now understand climate change. There's no question that it's happening. The fact that the earth is warming is as solid a fact as gravity. There really isn't any doubt."

Braasch is careful not to describe his stance as "hopeful," but rather as "determined." He is determined to continue taking the photographs and doing the research to educate

Staff photo I VERN UYETAKE

"I'm a one-person environmental group, in a way," says Gary Braasch, a nationally known Nike Legend Behind the Lens photographer. "I now understand climate change. There's no question that it's happening. The fact that the earth is warming is as solid a fact as gravity. There really isn't any doubt."

others about the impacts of climate change. Braasch stresses that in the United States, and more specifically the Portland area, and more specifically still Lake Oswego, citizens have the financial means to make significant changes.

"We have a lot of money, even though we're in a recession," Braasch says. "We have a lot of flexibility."

Braasch suggests switching from SUVs to hybrid cars, making sure all

light bulbs are compact fluorescent, and never letting houses be built without as much insulation and efficiency as possible. The list for ways to make changes and contribute less to climate change goes on and on. With his books, photographs, Web sites, and public speaking engagements, Braasch hopes to provide a public service and educational resource for those looking to find out more about climate change.

"I want to be a source of information and also, inspiration," Braasch says. "People are blown away by the pictures and that's the main focus, but I make the pictures because of what science is telling us."

Contributions to his climate change project are tax deductible.

Kristen Forbes is a freelance writer. To view her blog, visit www.krissymick.blogspot.com.

At left: Several years ago, 25,000 people were marooned when floods removed a chunk of Bhola Island, Bangladesh. In the past 40 years, the island, which is home to 1.6 million people, has lost almost half its land. At right: A wind turbine installation near Wall Walla, Wash., is used for generating electricity.

Submitted photos I USED WITH PERMISSION OF GARY BRAASCH



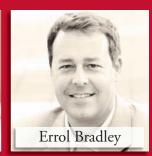


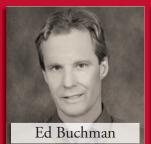
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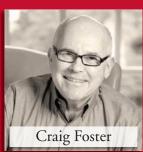




































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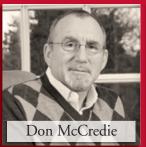












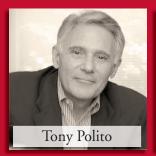






























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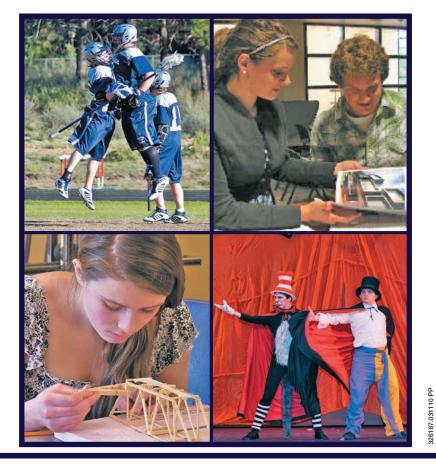
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Staff photo I VERN UYETAKE

Sandy Carter, volunteer executive director of the Willamette Falls Heritage Foundation, has raised public awareness of the importance of the locks in a modern transportation system and is helping to develop a long-term plan to keep the locks viable.

By KARA HANSEN

West Linn resident Sandy Carter became acquainted with the Willamette Falls Navigation Locks and Canal through an effort to preserve local heritage by creating a museum at the 137-year-old facility, a river elevator of sorts for vessels traveling past Willamette Falls.

"At that time," she said, "I knew nothing about the history."

Now, Carter is a veritable West Linn history buff.

The volunteer executive director of the Willamette Falls Heritage Foundation has helped solidify the locks' national historic status and raised awareness of the system

when it nearly lost funding.

It was in 2002 that history enthusiasts realized their multifaceted heritage work had "some clear priorities, the locks being a central need," Carter said. Supporters needed to heighten public awareness of the facility's importance—and not just in the historical sense.

"The greenest, most sustainable way to move heavy cargo is down-river." If the locks closed, Carter said, "the overriding concern was there'd be two rivers for all practical purposes."

Thus, Lockfest was born.

The first festival was in 2004. A few years later, as many as 3,700

people showed up in West Linn to watch boats pass through and learn about the area's industry and history. The last event was in 2008, when the canal was actually closed; the Army Corps of Engineers, which operates the facility, didn't have adequate funding for operations or a required periodic inspection.

But Lockfest is back this year, and the locks and canal are open for business, although only by appointment until spring.

Organizing the event is just one item in Carter's long list of advocacy projects.

She keeps a packed schedule of

monthly meetings, thanks to involvement with a host of heritage groups including West Linn's Historical Resources Advisory Board, the Willamette Falls National Heritage Area Coalition and a committee working to develop a long-term stability plan for the locks. Carter is also involved with Art Contemplates Industry, a series of exhibits offering another way for people to connect with history.

"It's all for love," Carter said.
"You do it because you're excited about it. That's the thing about

continued on page 34 ▶

■ nonprofits. People get involved because they believe in the goals and the causes."

And one of her favorite projects is nearly complete.

Working in phases, Carter created two oral history DVDs profiling workers from the Crown Zellerbach paper mill for the Willamette Falls Heritage Foundation: "Grindstones, Boomsticks, Tattletales and Nips" and "Friends, Fish and \$1.09 an Hour."

She later received a grant to have the 17 original interviews transcribed.

Now she has another grant, this time to turn those transcribed interviews into a book.

"By the end of the year, the project will be at a logical closure," Carter said. "But there's a lot more story to be told."

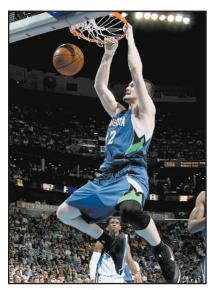
Kara Hansen is a reporter for the Lake Oswego Review and West Linn Tidings.

By MATTHEW SHERMAN

Not many athletes could pack a house for an unimportant Lake Oswego vs. Putnam league game in which the Lakers were at least 30-point favorites. But Kevin Love wasn't a typical high school player. He dominated the state of Oregon for four years, taking the Lakers to the state tournament each season, three appearances in the finals and the school's first state title in boys basketball.

For someone who was almost always the tallest player on the court in high school and who routinely drew three and four defenders when he received the ball in the paint, Love actually has an exceptionally well-rounded game. He's a fantastic rebounder, has a knack for altering shots on defense, is comfortable bringing the ball up the floor, has NBA three-point range, is a solid free throw shooter and, even in high school, threw a world-class outlet

A QUICK LOOK



Kevin Love

pass

It was all of those skills combined that had colleges checking Love out as early as junior high. After a successful year at UCLA, leading the Bruins to the Final 4, he was drafted No. 5 overall and

eventually traded to Minnesota.

Although the Timberwolves remain in rebuilding mode and haven't been competitive since Love joined the team, he has been steadily putting up impressive numbers. In his rookie campaign, Love averaged 11 points and nine rebounds per game and, this year, he has improved on those stats.

He is averaging 15 points and 11 boards per game and has established himself as one of the league's best offensive rebounders. He is also among the league leaders in double-doubles and has drained 28 three-pointers already this season at a 42 percent clip.

Love has become a popular figure in Minnesota and has an avid following on Twitter and figures to be a cornerstone in the Timberwolves' rebuilding process.

Matthew Sherman is the sports editor for the Lake Oswego Review and West Linn Tidings.



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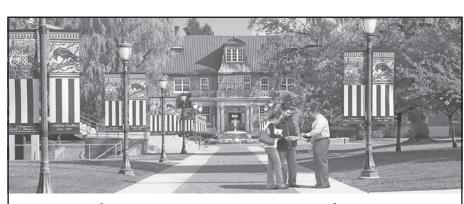
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Staff photo I VERN UYETAKE Adam Klugman, the creative director for his advertising and marketing firm Progressive Media Agency, makes commercials for progressive ideals he believes in, such as his campaign "We the People," which used action words to motivate people to join or support the National Democratic Party. Klugman, son of "The Odd Couple" actor Jack Klugman, is opening a new branch of his agency in Washington D.C. this spring.



Adam Klugman has been creating commercials with a purpose for seven years

By SHASTA KEARNS MOORE

It's been said that to a hammer everything looks like a nail.

Well, to an ad man, everything might just look like a sales pitch.

Take longtime West Linn resident Adam Klugman for example. After growing up in the spotlight's glow off his father, actor Jack Klugman of "The Odd Couple" fame, Klugman turned away from the acting world to a job producing commercial advertising.

But after years of using his persuasive skills to come up with ways to sell people things they don't need, Klugman said, "I thought that maybe I could use them to sell people things that they do need."

Like democracy. And freedom. Or, at least, the National Democratic Party's version of them.

In early 2003, MoveOn.org hosted a video contest called "Bush in 30 seconds." Klugman teamed up with his neighbor, Dave Adams, and the pair's video got into the top

10, earning them a trip to New York City. Then a year later, Klugman joined with now-House District 47 Rep. Jefferson Smith to create a spot called "America's Party," which won another ad contest hosted by the Democratic National Committee.

"So then I was downright pumped," Klugman said. "This is what I'm going to do with my life."

He has continued on, getting clients like Americans United for the Separation of Church and State, for which he created a powerful spot on death with dignity.

"We made it relevant to people's lives," Klugman explained, adding that he seems to have become the person people think of when they want to make a political ad about a difficult subject.

But Klugman does more than just commercials. When erstwhile presidential candidate Dennis Kucinich's campaign manager found a group of doctors upset that single-payer health care was-

n't on the national agenda, he came to Klugman who dubbed them the Mad As Hell Doctors. The doctors went on a widely publicized coast-to-coast bus tour demanding that the Obama Administration put a public option back on the negotiating table.

To Klugman's mind, the president has failed to pass sweeping health care reform because "he started a tug-of-war in the middle of a mud puddle."

He says that the reason Democrats aren't more popular or effective is because they don't know how to brand themselves or make emotional arguments.

"People buy things for emotional reasons, they don't buy things for intellectual reasons," he said. "Republicans are very good at making emotional arguments. So they're making emotional arguments while the Democrats are rearranging policy points."

Worse, he argues, Democrats

have so lost control of their message that they are now allowing Republicans to brand them.

"They finish our sentences," he said.

Klugman admits that part of the trouble lies within the very ideological framework of the two parties. Republicans are conventional, traditionalist and dualistic. Whereas with Democrats, he said, "it's like herding cats.

"They're afraid to commit to one thing, so they say everything."

Though a single-payer option is now a distant memory, the Mad As Hell Doctors did manage to shift the debate, garnering so many e-mails requesting that the president meet with them that the campaign received an official phone call from the White House asking them to pipe down.

"Being the Obama Administration, they were unbelievably polite about this,"

◀ Klugman said about the phone call, in which he declined to turn down the heat as long as single-payer was off the table.

Klugman is now looking to expand his Progressive Media Agency into Washington D.C. this spring.

But he says he will always consider West Linn home and "an extraordinarily beautiful place." Klugman fought to preserve that beauty in an anti-development campaign in 2000. He and Adams, his neighbor, came up with a cheap but effective marketing campaign. They posted signs all over fields in West Linn that simply read: "More houses."

"We made Stafford and conservation an issue in West Linn," he said.

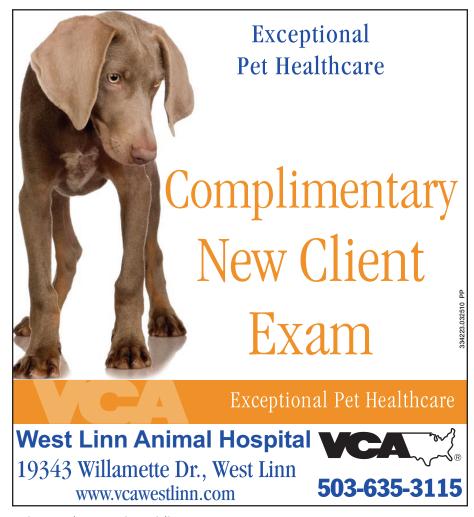
Klugman said he is glad to be living outside of Hollywood and has never looked back.

"We make less money, but we lead happier lives."

Shasta Kearns Moore is the editor for the West Linn Tidings.







A QUICK LOOK

By REBECCA RANDALL

Last spring Lake Oswego resident Jane Kelly was the lead author of a report on a potential breakthrough in treating malaria, an illness caused by parasites that have repeatedly grown resistant to drugs used against them. The report in *Nature*, an international weekly science journal, introduced the drug T3.5.

The new drug is not only potent on its own, but it is synergistic when used with other common treatment drugs, such as chloroquine. This means that it can actually help chloroquine fight against drug resistant parasites. It's a "double whammy."

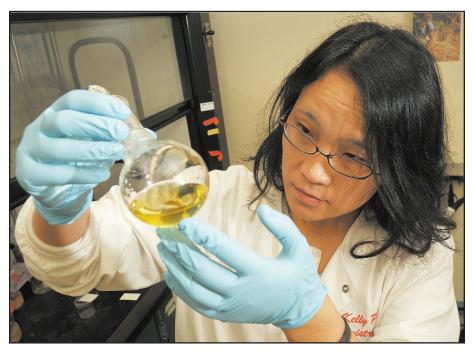
"That's the real significance in our discovery," said Kelly, who works in the malaria discovery lab at the Portland Veteran's Administration Medical Center. "You are not just developing a drug; you are developing a drug that is synergistic." The World Health Organization currently mandates the use of two drugs by malaria patients simply because drugs have grown less effective as the parasites grow more resistant. This drug could potentially reverse that trend, making chloroquine more reliable once again.

It is not synergistic with arteminisin, the most effective drug in recent years. But since there have been signs that parasites are also developing resistance to arteminisin, T3.5 could still be used in combination with it.

Kelly, who has been testing the compound for almost three years, is now working on applying for grants to continue research. "It will be five to 10 years before it will go to human trial," said Kelly.

Kelly's work on the compound T3.5 could prove to be an important step in the fight against malaria.

After the highly publicized Nature report, the project received



Jane Kelly

NIH Challenge Grant in Health and Science Research from the 2009 federal stimulus package.

Rebecca Randall is a reporter for the Lake Oswego Review.









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Extraordinary community service



Staff photo I VERN LIYETAKE

Nick Goldsmith has spent 16 years making sure each customer at Lamb's Palisades Market gets value added everytime they enter the store.

By BARB RANDALL

A loaf of bread, a gallon of milk and whatever else is on the list — that's what most consumers get from a trip to the grocery store.

That isn't what Nick Goldsmith had in mind for patrons of Lamb's Palisades Market. Goldsmith has spent the last 16 years making sure each customer gets value added to each grocery bag.

Goldsmith is co-owner and director of operations of Lamb's Markets, a locally owned five-store chain. He and co-owner Bob Lamb recognized that Lake Oswego was "really one of the best areas in the state for parent support of schools," said Goldsmith. That made it easy for them to say yes to supporting school and other community fundraising efforts.

"Just this week, I've had five different requests for donations to auctions," Goldsmith said. "We get a lot of requests and never say 'no' ... (Today) we gave a case of wine to an auction. Another school accidently picked it up as their donation." Auction donations are just the tip of the iceberg of Goldsmith's nod to giving and community support.

Inside the store are barrels for donations of bottles that can be recycled for each area school.

"Last year we donated \$100,000 in the bottle return program. At five cents a bottle, that's 2 million bottles," he said.

Goldsmith is quick to lend a hand in supporting sports teams, too. He provides food for Lakeridge golf program's annual fundraising dinner and gives the baseball team a huge wheel of Cougar Gold cheese to sell. Under his direction the store collects food and funds for the Salvation Army and other food drives. He provides shelf space to sell Lakeridge Pacer wear, parking space for car washes. He recently even gave up the store for Waluga Junior High's Parent Meet and Greet.

"We wanted an opportunity to kick off this year's Waluga (Lake Oswego School) Foundation campaign with something fun for parents and Palisades Thriftway gave us the venue," said Waluga parent Kathy Kiever, an organizer of the event.

"It was a great opportunity for parents to put faces to names of students they see on their child's text messaging list, and meet some parents doing great things for the community. ...(Nick) lined up great tasting opportunitites through the deli and wine departments that made the store a welcome place for parents to casually meet each other, converse and strike up new friendships in a very comfortable setting," said Liz Hartman, co-organizer of the event.

Known affectionately to shoppers and staff as Nick, Goldsmith sets the friendly tone of the market by personally knowing those who come into the store. His easygoing cheer seems to take the chore out of shopping for some. Many patrons actually enjoy popping into the store to visit with friends (both shoppers and staff members), learn about new foods, cheese or wines.

Goldsmith supports the patrons best by filling the shelves with what they want. If you are looking for an item that you don't see on the shelf, just ask.

"We focus on local products, using local suppliers and keeping money in the local economy," Goldsmith said. "And we have the largest request list of any store at United Grocers."

A recent store remodel allowed more space for the Free From program and a spacious cheese center. The organic produce section will soon feature produce from 18 area farmers.

"We send a huge 'thank you' to our customers. Our remodel has been a huge success," said Goldsmith. He noted that the store is thriving and adding programs in this troubled economy.

Goldsmith's extraordinary leadership doesn't stop with the customer. He leads by example when it comes to customer service.

"We focus on providing the best service — not on being the fastest checker," he said.

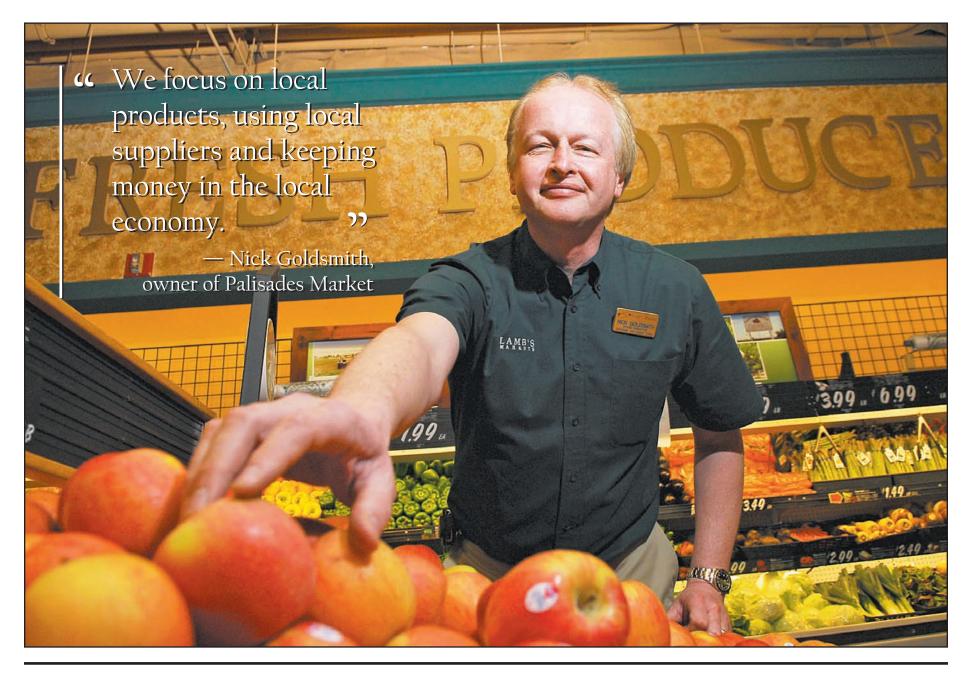
Patron Liz Hartman sums up what makes Goldsmith so extraordinary:

• "Nick Goldsmith represents the ideal in a neighborhood grocer in this 'bigger is better' world. He knows his customers, he keeps the local market current with the offerings of larger stores while keeping costs down, and he continues to give back to the community over and over again. The esprit de corps of the entire staff at Palisades

Thriftway makes shopping a joy. Nick uses every creative way possible to give back to the community and the schools have been the greatest beneficiaries of his creativi-

ty and generosity."

Barb Randall is a reporter for the Lake Oswego Review and West Linn Tidings.



A QUICK LOOK



Paula Schiedler and Renee Kerr

By BARB RANDALL

Paula Schiedler and Renee Kerr rank high on the list of extraordinary people for their work with the Down Syndrome Network Oregon and the programs they have developed to support families of children with Down syndrome.

Through events such as the annual Buddy Walk, Baskets of Home, Dads' Dinners, Coffee for Moms, and family events and their speaker's bureau, the Lake

Oswego women have built a supportive resource for families who have questions or simply need someone to talk to.

"We make the most of the situation and teach others to do the same," said Kerr. "We want the children to be treated like any other child."

The women have been most gratified to see others in their hometown take the initiative to offer programs that include children with Down syndrome,

allowing them to take part in dance classes, cheerleading, soccer, weight lifting, track, scouting, horseback riding and other mainstream activities.

"Every time you include a child with a disability in a (regular) activity, there is a mom who is so happy that her child is included," said Schiedler.

Barb Randall is a reporter for the Lake Oswego Review and West Linn Tidings.

By CLIFF NEWELL

When it came to remembering the soldiers who have died in Iraq, Nancy Hiss figured her country had a lot of catching up to do. Including

That is why she started the Iraq Names Project in 2006, a project that is simple in its execution but staggering in its burden.

Every Saturday and Sunday, Hiss, an art and design professor at Marylhurst University, goes to Portland and uses colored chalk to write down the last names of the fallen soldiers and the date they died, no more no less.

To date she has written down nearly 5,000

names and covered 15 miles, snaking her way through business areas and neighborhoods. Her "bible" of names is a stack of papers, folded in half and looking worse for wear after four years.

"It's totally neutral," Hiss said. "It's not a political statement. It's just the facts."

But the facts are sad enough. Hiss is reminding people of a war that has been going for seven years, and American soldiers and their allies are still dying.

"In 2006 I thought the nation was saying 'we want out of the war," Hiss said. "Instead, we got the surge. I felt so much guilt and frustration.

"As a nation we've not been taking responsibility for this. It's been just a few military families bearing the burden again and again and again. I thought, T've got to do something."

Hiss got her inspiration of what to do from the students at Marylhurst. She was taking a drawing class along with them,

and she did not like the way her work stacked up.

"My work has narrative, form, space and color," Hiss said. "But the other students' work was very idea based and politically oriented. I asked myself, 'What am I doing?"

With Memorial Day coming up in 2006, Hiss at first envisioned a big chalk drawing that asked a crucial question: "We've spent all this money and all of these people have died. Are you feeling safer?"

The thing that inspired Hiss the most, however, was the last item she placed on the drawing. The names of dead soldiers.

"That struck a chord," she said. "I thought why not just do the names and dates?"

So she did. Starting at the federal building in Portland ("Because the government started this

'It's something I've got to do'

Nancy Hiss makes remembering fallen troops her mission with **Iraq Names Project**



Submitted photo

Marylhurst art and design professor Nancy Hiss has been chronicling the names of Irag soldiers who have died during the war.

> war.") Hiss began writing and writing. She worked one hour every weekday morning before work and drew from 10 a.m. to 5 p.m. every weekend, until she caught up with the actual numbers of soldiers who had died. This effort could have been crushing both physically and spiritually, but Hiss had made up her mind.

"The soldiers are there every day," she said. "I've got to be there, too. If I'm not sacrificing it doesn't make any sense."

However, Hiss has picked up some recruits along the way. Instead of being a solitary scrawler, she has received help from people, sometimes once, sometimes week after week, because the Iraq Names Project hits home with them for some rea-

"That really surprised me," Hiss said. "When I started I didn't think anyone would help.

One of Hiss's most consistent assistants was a Vietnam veteran.

"His brother also served in Vietnam, where he became a heroin addict," Hiss said. "The brother came back home and died as a heroin addict. He told me this was the first thing he had done that had helped him manage his anger."

Another volunteer who came out often was a woman who was a retired book buyer from Lewis & Clark College.

"She was German," Hiss said. "She told me

the reason she did this was because when she was a girl during World War II the Nazis had come to her classroom, separated all the boys from the girls and sent them to the Eastern Front."

Sometimes people are not helpful at all and hose off her work. But Hiss just keeps moving along, saying, "I never go back."

Still, the unexpected help and the gratitude of families whose sons and daughters are being memorialized by Hiss have made the project a rich experience. Another thing that helps is the project blog that chronicles everything she has done, including photos of every name she has written on a sidewalk.

One of the photos, taken by her husband Dan Berkman, is especially evocative. It shows Hiss just after she completed doing the name that brought her up to real time. With the realization of that, she chokes with emotion.

"I've never cried so much as I have this past year," Hiss said. "The hardest part has been pulling the names (off the CNN Casualty Report) and seeing their faces.

"I have zero personal connection with the Iraq War. Usually you have a son or daughter when you get involved with something like this. I'm just a person. But I needed to stop complaining and get off the sofa and show what I think and feel."

When will the war in Iraq end? The date when all of the troops will be sent home remains nebu-

Hiss's dearest hope is that the war will end soon. Then, finally, it will be mission accomplished.

Cliff Newell is a reporter for the Lake Oswego Review and West Linn Tidings.

Meet Some of Lake Oswego's Extraordinary Students







Jenny Asparro



Arjun Bhargava



Chaney Harter



Preben Ingvaldsen



Catrina Klossner



Elmer Le



Matthew Lee



Julia Li



Karen Li



Nathaniel Porter



Kathryn Schelonka



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Sally Knauss





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Priscilla McClaughry



Karen McLaughlin



David Meyers

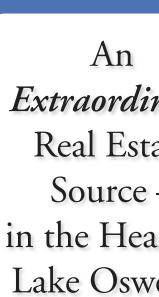


Kerri Miller



Trista Nelson







Linda Poggi



Fran Rodman



Ray Ross



Valarie Ross



Chris Schetky



Sandi Sheets

LAKE (



Nancy Todd



Emogene Waggoner



Maryann Ward



Valerie Whelan



Katie Williams



Kendall Woodworth



Blake Ellis



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Kim Lee Kress



Diane LaMear



Christi Lawrence



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Andrea MacMurchy



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Norma O'<u>Toole</u>









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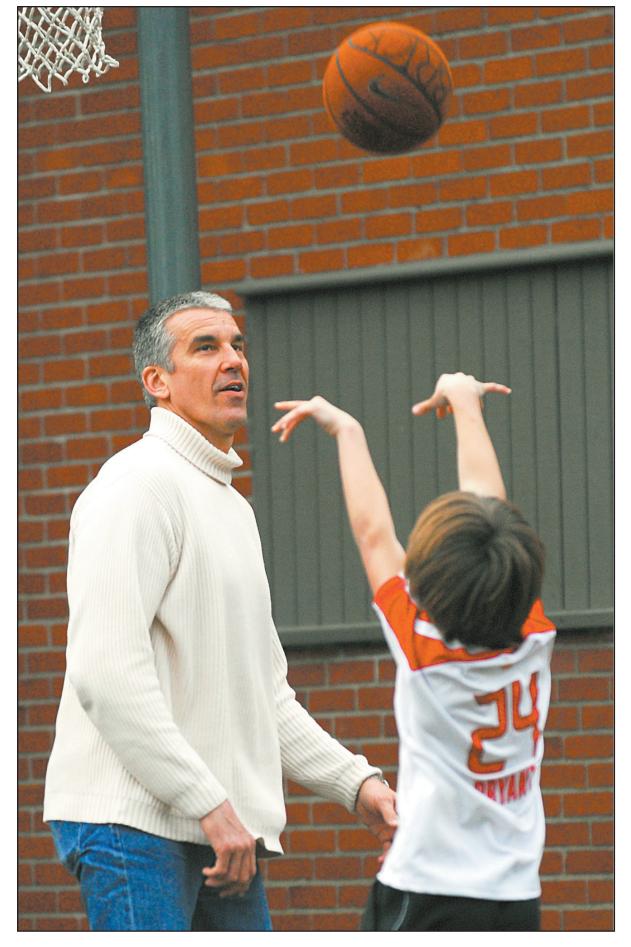


Clayton Scott Senior Mortgage Consultant





Lucy Hackenmiller Mortgage Consultant Assistant



Staff photo I VERN UYETAKE

Frank Brickowski, a former Seattle SuperSonic, makes his home in Lake Oswego where he coaches his son Jack's basketball team.

From life on the court to life in the stands

Former NBA star and current Lake Oswego resident Frank Brickowski keeps his basketball ties

By SARAH HUTCHINS

Have you ever wondered what happens to former NBA players once they've said goodbye to life on the court?

If retired star Frank Brickowski is any indicator, they move to the suburbs to be with their families. Brickowski, who is most famous for helping the Seattle SuperSonics make it to the 1996 NBA Finals, now lives in Lake Oswego where he can be close to his son.

After playing college basketball for Pennsylvania State University, Brickowski played abroad in Italy, France and Israel before returning to the United States where he played for several NBA teams for 13 years. Out of all the cities in the world he's played basketball, Brickowski says Paris would probably be his favorite, even though playing the game is essentially the same.

"Once you get on the court it's still basketball," says Brickowski. "It's different to be in a different country. My mom was born in France and I'm half French, so it was fun in that sense."

Brickowski's favorite team to play for was the Seattle SuperSonics because he played his first two years in the league in 1983 and 1984 with them as well as going to the 1996 NBA Finals with them against the Chicago Bulls. Viewers often remember his on-court entanglement with Dennis Rodman during that series but it didn't leave much impact on Brickowski.

"I did it for 13 years," says Brickowski. "I mean it was the same old stuff. It didn't just happen that year."

The NBA Finals was Brickowski's most excit-

◀ ing period because a NBA player's ultimate goal is to win a world championship. Even though the Sonics lost that year it was still a memorable journey.

"It was a long road to the finals," says Brickowski. "It just got more intense and more important as it went. The finals were anticlimactic when we lost but it was pretty spectacular; it was the world stage. It was amazing how many people actually see and watch. I was in Amsterdam a couple months after the finals and people were recognizing me. It was pretty crazy to go halfway around the world and people recognize you, people yelling my name or talking to me in a coffee shop. I had no idea the magnitude of how many people watched basketball."

Shortly after the 1996 NBA Finals, Brickowski retired and moved to Lake Oswego where he shares custody of his eight-

year-old son Jack. He coaches his son's basketball team as well as Jack and his buddies every morning before school and on Friday nights at the gym. Jack plays a lot of basketball and hopes to follow in his father's footsteps.

The 6 foot 9 former forward remains an imposing figure as he moves around Lake Oswego, often stopping in at Chuck's Place in downtown for a cup of coffee and to exchange pleasantries.

"I enjoy taking my son to the games," says Brickowski. "I take him to all the Blazers' games and he knows all the players. He knows Shaq and LeBron. It's fun to include my son and have him learn a handshake from Shaq and go show his friends at school who think he's crazy and then he has to take a picture of him with Shaq to school."

Brickowski also keeps busy by working for the NBA Players Association as a regional representative for the five West Coast teams: Portland, Golden State Warriors, Sacramento Kings, LA Lakers and LA Clippers. Seattle doesn't currently have a NBA team because in 2006 the Sonics were sold to another group that moved the team to Oklahoma City. Many people, including Brickowski, think that they should have instead been sold to a group that would have kept them in Seattle.

As a regional representative, Brickowski



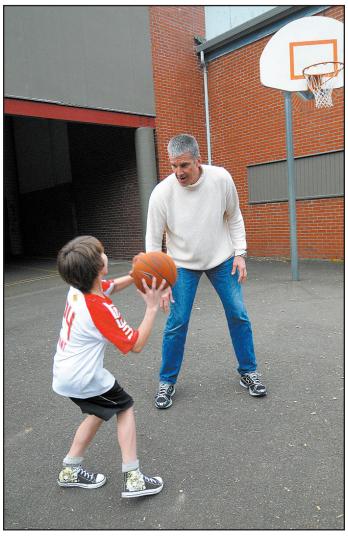
ABOVE: Jack Brickowski, son of NBA star Frank Brickowski, gets to attend all of the Portland Blazers games and has met today's NBA stars, such as the likes of Shaq. RIGHT: Brickowski, whose son Jack attends Forest Hills Elementary School, is a regional representative for the NBA Players Association.

acts as a liaison between the general director and the players. In addition to handling grievances, he helps solve challenges that players face both on and off the court. There's an educational component that teaches players about healthcare, finances, transitions, such as exploring what they want to do after basketball, and other life skills.

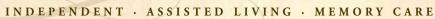
Brickowski says he doesn't miss playing basketball.

"I miss the relationships, but I'm still able to foster those relationships because of my job. I still follow basketball, but when you're done, you're done. It's a closed society, you're not allowed back in. You can visit once or twice but that's it. It's really tough on players but luckily I have a position still in basketball."

Sarah Hutchins is a freelance writer living in Tigard.



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Jane Kim puts more than food on the table

By LINDA HUNDHAMMER

What makes a restaurant a hangout? The "Cheers" of a community?

Usually, there's a Sam behind the bar, or a Billy Joel at the piano, or in our case — a Miss Jane at the cash register.

The restaurant, Sushi-Teriyaki at 16937 S.W. 65th Ave. in Lake Oswego, is rarely called by the establishment name — it is simply Miss Jane's or sometimes Yaki.

"I don't worry about making this a fancy place. My kids (her reference to all of Lake Oswego's young people) don't care about that. This is the people's place," said Jane Kim, owner, proprietor and quintessence of Sushi-Teriyaki.

A small, simple restaurant tucked in a strip mall, with wood-top tables, a television and Lake Oswego sports posters plastered on the walls, Sushi-Teriyaki is more a discovery than a go-to place. But once you've received the Miss Jane treatment, you can't help but go back.

"When 'my kids' come in and they aren't feeling well, I make sure they have some miso soup," said Kim.
"Sometimes, if someone is not eating I ask them, 'You not hungry today!' If

they say they have no money, I say 'I treat you today.' That is part of my culture — you take care of the one who can't pay."

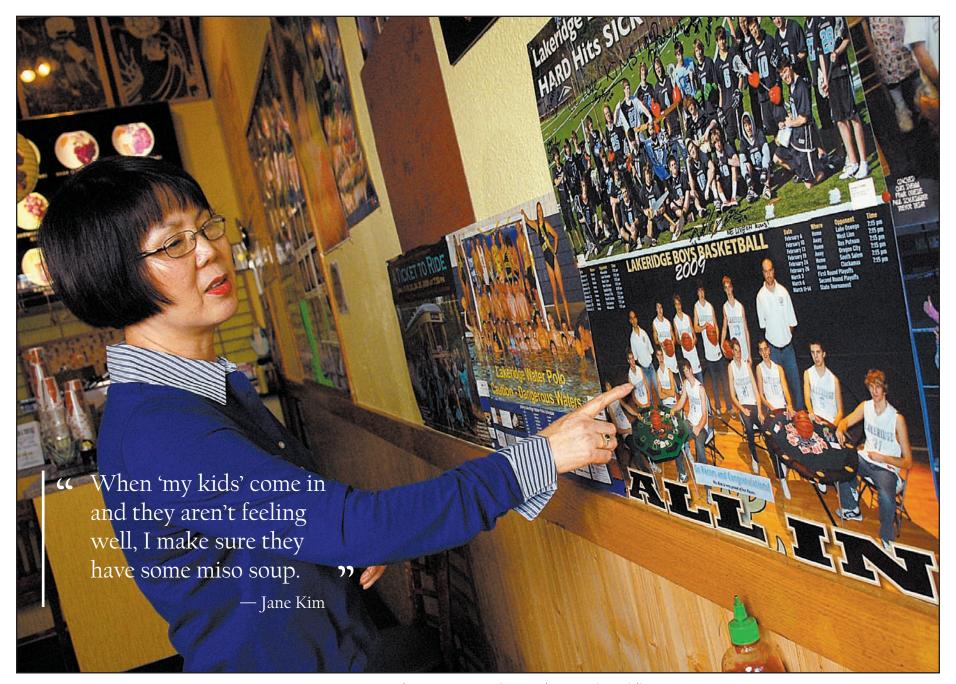
It is her generosity, sincere friendliness and goodness of heart that touches her customers and makes them die-hard loyalists.

The Lakeridge class of '06 met at Miss Jane's when its members were home for the holidays; the class of '09 took over the restaurant for prom. Birthdays, first dates, reunions, lacrosse and basketball teams — there's hardly a high schooler who hasn't been to Miss Jane's for some

gathering or another.

"I had one boy come home from college, and he said to me, 'Mrs. Kim, I will always remember this place because I had my prom here.' That made me feel so good."

"There is thoughtfulness in everything she does," said Lake Oswegan Pam Halvorsen, whose extended family eats regularly at Miss Jane's. "She always does that something extra that makes you feel special. When we ordered food for Ellie's graduation, she included an extra



◆ tray of chicken skewers as a gift for Ellie. When we ate there the other night, Miss Jane's husband made a beautifully carved orange for our table."

Kim and her husband, Young, came to Oregon from Chicago six years ago. Originally from Korea, Jane had been in the restaurant business in Chicago and then New York, and Young had been working in technology.

Their vision was a restaurant where the food is fresh, economical and of good quality.

"My buyers hate me because I am so picky. I just sent back 60 pounds of salmon that another big restaurant accepted. When the (fish-sellers) argued with me I tell them, 'the difference is that restaurant is run by a manager, and this restaurant is run by the owner.'

"We have had three days off since we bought this restaurant in 2003. We talked about taking some vacation days at the holidays, but then I remembered that all 'my kids' would be coming home from college. I need-

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Staff photo I VERN UYETAKE

Jane Kim refers to her young customers as "my kids," and in turn they call her restaurant, Sushi-Teriyaki, "Miss Jane's."

ed to stay open so that I could see them

"Last year in the snow storm, I had some Lake Oswego High graduates walk three miles to come eat my food. They say to me, 'I thought

3900 Carman Drive

Lake Oswego, OR 97035 503-636-4700 about you when I was at college.' My kids give me so much love, so much joy. I am so lucky. God makes me so lucky."

This summer when Chase O'Byrne, Lakeridge class of '06, was

hospitalized for months with a lifethreatening skull injury, "I prayed for him every day," said Kim. "I prayed that he would come through my door and order chicken teriyaki. The day he did, I started to cry. I thank God so much for saving Chase."

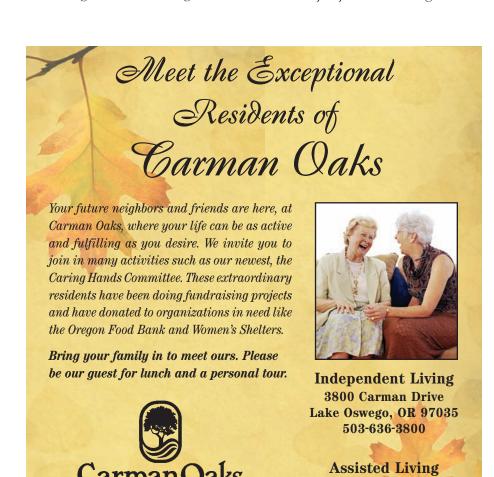
Kim unfalteringly practices the lesson she learned from her Korean mother — treat people the way you want to be treated. And she does it with such extraordinary sincerity and warmth that it resonates with "her kids," their families and the entire community.

Kim is a perfect example of life's simplest truth: Good things happen when we just love one another.

Bojan Gaurice and Ryan Webster are regulars at Sushi Teriyaki. When asked what it is that brings them back, Gaurice answered, "The food is awesome. And Miss Jane is just cool."

Webster seconded, "Yeah, she's the reason we come here."

Linda Hundhammer is a reporter for the Lake Oswego Review and West Linn Tidings.





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Staff photo I VERN UYETAKE

West Linn
Resident Michele
Nielsen, a registered nurse, had
a year of
hardship that
sparked an idea
to ask friends to
give monetary
gifts to charity
for her birthday.



By KARA HANSEN

For Michele Nielsen, Independence Day falls a few months early each year.

For a decade now, Nielsen has celebrated "life, liberty and the pursuit of happiness" on her birthday May 19. And each year, she foregoes presents and instead uses the event to raise money for others.

"We're celebrating life, and instead of bringing some unusable gift for a birthday, people bring money for a good cause," said Nielsen, a medical case manager and vocational rehabilitation counselor, a longtime West Linn resident and the volunteer parish nurse at Lake Grove Presbyterian Church.

"I think what has surprised people is that it became an annual event; I think that surprised me, too. And I think they're surprised at how much fun they have."

The idea grew from far less happy circumstances: A year of incredible emotional hardship, followed by several years of recovery.

It began in October 1995, when Nielsen separated from her husband. Submitted photo
West Linn
resident Michele
Nielsen
celebrates
Independence
Day on her
birthday by
using the event
to raise money
for a
charity.



"I never would have seen myself doing that kind of thing, but sometimes circumstances lead to that," she said.

Her two adult sons, Josh and Nate, were then in junior high and high school. It was around the time of her older son's birthday when her mother ran into complications after undergoing elective surgery at a California hospital.

"Because she had been a longtime smoker, she ended up getting put on a respirator," Nielsen said.

That December, her mother died.

That January, tragedy struck again. Her son Nate was skiing with friends from West Linn High School when one of them, Kyle Curran, died.

"One bad thing after another was happening."

For a few months, though, life was a little quieter as she cared for her boys and attempted to settle a difficult divorce.

Then, in May of 1996, she lost a

friend to skin cancer. A registered nurse, Nielsen had been caring for her friend Joanna while the woman's family was away in Europe.

"Jo passed away on my birthday," Nielsen said. "She was 44. I was turning 44 that day."

Her father died in July. A couple of months later, her divorce went to trial.

In the meantime, Nielsen lost another friend, this one to breast cancer.

"It was a really tough time," she said. "My kids had sort of lost their dad, they lost their grandparents, and meanwhile I'm preparing for a divorce. It was a really difficult season."

But with time, a person recovers, Nielsen said.

"It's two or three or four years later and you're still raising your kids, you're still working," she went on to explain. "And I thought of my birthday and I thought of Jo, and I thought, 'It's time now, I've recovered from these nine months of travail. How can I celebrate my birthday!""

The standard party with cake and presents didn't have much appeal. She considered funneling some good will toward a cause such as breast cancer research. In the end, she thought of two friends who work in the medical field and were volunteering in Djibouti; they really needed a Land Rover. That became her first cause.

Everybody had tons of fun at the inaugural bash, and so she repeated the party the next year, inviting more people, and adding men and children to a guest list that initially included only women.

Nielsen has brought out the red, white and blue decorations every May since. Her "Independence Day" celebration has grown to include a raffle — she holds onto door prizes and other items received during the course of the year — and a silent auction. "No one goes home empty-handed," she said.

Many of the events have benefited Open Arms International, a Portland-based, Christian nonprofit organization that provides homes for orphan children, medical clinics, clean water projects, health education and feeding programs in Africa and India.

Nielsen said she likes the organization because it spends little on overhead, giving the bulk of donations to the people who need them. And she has traveled with Open Arms International to Kenya and India in recent years, reviving a passion that began when she was in middle school.

"I started out with a wonderful mentor from junior high, and I went to Mexico with a medical group in junior high and high school," she said. She participated in four of those trips in and around Guadalajara as a youth. "That's how I decided to become a nurse."



Michele Nielsen has traveled to India with Open Arms International, an organization for which she also has raised money through her annual "Independence Day" event.

Proceeds from her upcoming birthday will benefit Open Arms as well as India Partners, a Eugenebased Christian relief and development organiza-

But Nielsen, who turns 58 years old this May, is quick to note that need doesn't only exist outside of the United States.

She points to homelessness in big cities like Los Angeles, where she went to nursing school, as well as on the streets of Portland, as a major problem.

"I think we have a tremendous need amongst the homeless here," she said.

"We can all be contributing, whether here in our homeland or elsewhere," whether attending a party like hers, "or creating one of your own."

Kara Hansen is a reporter for the Lake Oswego Review and West Linn Tidings.

By REBECCA RANDALL

Mary Puskas loves fusing business with education. Puskas, director of the Lake Oswego School District Foundation and the Community School, has successfully directed a cutting edge model to enhance a public school district's programming.

In 1990, the state of Oregon passed Measure 5, which limited the amount of property tax a school district could levy. It severely impacted revenues for the Lake Oswego School District and forced it to cut electives.

A QUICK LOOK



Mary Puskas (pictured with her husband former city manager Doug Schmidt)

In response, the district and its constituents imagined a model where a Community School would offer electives for a fee, while simultaneously providing staff support for a Foundation. This enables the Foundation to operate without using

donated money to pay its staff.

The district dreamed that the Foundation could eventually provide enough funding to pay for teacher's salaries.

In 1993, Puskas was hired only part-time at first as the director of both the Community School and the Foundation, and she had one assistant.

"We're just really fortunate it came together the way it has," said Puskas, "And that's because there was a lot of foresight with the school board. They were thinking of creative ways to solve some of the problems they were facing in terms of the financial impact

of Measure 5, and they supported Dr. Korach's vision. I was the lucky one who took the job."

Puskas brought with her a wealth of experience. She started her career as an English teacher in Chicago and New York and subbed at Lakeridge

High School for a while when she moved to Lake Oswego in 1980. She also owned Mary's Frame Shop and Gallery in Lake Oswego for eight years.

During that time, she got involved in the chamber and served as co-chair with Korach one year. For a brief time she was also the chamber director in Newburg. She also served on city council from 1992-1996. Over the years she has also been president of the Willamette Women's Democrats, the Lake Oswego Rotary and the Women's Coalition.

Today the Community School offers everything from lacrosse to jump rope and elementary language to robotics. And the Foundation, which now has a 30-member board, raised nearly \$2 million in its peak year in 2006.

"Part of the development of the foundation was trying to make it as well-rounded as possible," said Puskas. One way that she has tried to do that is to tap into the alumni from the district. This summer, she will host the fourth annual Alumni Bash as part of an effort to get the LOSD Alumni Association off the ground.

Rebecca Randall is a reporter for the Lake Oswego Review.





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Metke gets her career moving by teaching dance

High school junior started a dance team for those with Down syndrome — could lead to a career

By REBECCA RANDALL

Lakeridge High School junior Danielle Metke found something she is good at doing and figured out how to share that with other people. This January she started a dance team for students with Down syndrome. The team practices twice a week at Lakeridge's dance studio.

"I've found that I love it," said Metke, who is a member of the Lakeridge dance team. "I feel a sense of pride when working with them. It's the best part of my day when I go to practice."

Metke first got involved with programs supporting people with Down syndrome because one of her friend's little brothers has the condition. First she participated in the Buddy Walk, which promotes the inclusion of people with Down syndrome. Locally, the walk takes place every October at Millennium Plaza Park.

Wanting to get more involved, she helped coach for Lake Oswego Soccer Club's Challenger team, which is comprised of students with Down syndrome and coached primarily by Lakeridge students.

Metke played soccer when she was younger, but more recently dance has been her sport. Thus, a friend suggested that she consider coaching a dance team. She started doing research to see what lessons she could learn from others who have coached a dance team for Down syndrome students, but she couldn't find a lot out there.

With the help of local parent Renee Kerr, cofounder of the Down Syndrome Network Oregon, she contacted other parents from all around the Portland metro area through e-mail. Metke offered the class for free since the coaches are all volunteering their time.

In January, the new team — the Showstoppers — began meeting twice a week for hour-long practices. There are 15 students ages 5 to 24 who participate on the team.

Metke and four other Lakeridge students have spent the last few months teaching the youngsters a Lakeridge dance team routine from this season. "We modified some parts," said Metke, "but the kids are catching on really well."

The team will perform the routine, for a benefit performance in April.

"I feel like a lot of people hear 'Down syndrome' and think of the differences or the challenges," she said. "These kids prove that you can do anything you want to do. These children are no different than any other kids. But the way they show their emotions, especially when they dance ... they just come alive."





Staff photo I VERN UYETAKE Above: Lakeridge junior Danielle Metke coaches 12-year-old Eli Kerr during a dance practice for the Showstoppers.

Left: The Showstoppers meet twice a week for hour long practices with Metke.

Below: Fifteen students ages 5 to 24 participate on the team.

Two of Metke's students are also hearing-impaired, and they learn by watching the other students and feeling the vibrations of the music through the floor — proving to Metke that one can overcome any obstacle.

For Metke personally, the experience is also boosting her leadership skills, she said. She has learned how to deal with parents, stay organized and figure out scheduling that works for everyone.

In a way, the dance program is confirmation for what Metke would like to do for a long-term career. After she graduates from high school, she hopes to study child psychology and speech therapy and work in special education.

Rebecca Randall is a reporter with the Lake Oswego Review.





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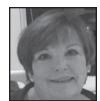
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Lisa Sindlinger: an angel among us

By BARB RANDALL

Though she doesn't sport a halo or wings, when you talk with Lisa Sindlinger there is no doubt that she is an angel. It's her extraordinary faith in God that gives her away.

Sindlinger's Christian faith has always been an important part of her life. And, it has supported her through the loss of both her son and husband — either of which would cause most people to crumble.

Lisa and her husband Matt met when they were both working at Educational Training Service in Princeton, N.J. They married in 1990 and moved to Lake Oswego in 1991. The couple became involved with Our Savior's Lutheran Church and were models of faith, loyalty and devotion to their family and friends. They had three children, Sam, Sarah and Joe. Matt wrote English as a second language testing materials; Lisa was in law school at Lewis & Clark.

"Matt and I could see how God had a plan for our life," she said. "He had started his EL business and was working on a project for Korea."

Uncertain of the stability in that country, he thought Lisa should get a job with benefits to help support the family.

"I went to work at the Oregon State Bar, I was so excited for this job and it had benefits. Six months later Matt was diagnosed with brain cancer. This was huge — benefits! He had brain surgery and we paid a copay!

"God had laid the pavement for all this. Together we felt that God knew our lives, just like it says in Psalm 139," she said.

At the end of October 2000, the Sindlingers' 6-year-old son Sam caught a cold. The doctor said it was a viral infection of his vocal cords.

"He sounded like Darth Vader," Lisa said. "The doctor told us he would sound worse than he was."

On Halloween, Sam came home from school with a 103-degree temperature. He wasn't up to trick-or-treating, so his siblings took an extra pillowcase along to gather treats for their brother.

Lisa could tell Sam was very sick and planned to take him back to the doctor the next day. Not wanting to disturb Matt, she spent the night



Staff photos I VERN UYETAKE

Lisa Sindlinger of Lake Oswego lost her 6-year-old son in 2000 after a common cold worsened. Two years later her husband, Matt, succumbed to brain cancer.

with Sam in the guest room.

Sam wasn't sleepy, so Lisa read to him as she would often do, from his favorite book of the Bible, Samuel. At 3:30 a.m., when Matt got up to let out the family's new puppy Roxy, Lisa and Sam were still awake. The parents wrapped Sam in a blanket and put him in a rocking chair on the porch to watch the dog play.

Lisa noticed Sam's lips were turning purple and took him back inside to warm up and rest. Sleep still didn't come, but Sam rested peacefully against his mother's chest.

She heard his breathing slow and prayed, "Lord, what is this?" She gently laid him down and turned on the light and could see he had died.

The paramedics came. Lisa rode with Sam in the ambulance; the chaplain from the fire hall drove Matt. The doctors were able to get a weak pulse from Sam, but too much time had elapsed. The parents told doctors to let Sam go. They sat and prayed with their son.



Lisa Sindlinger sits with her children, Sarah and Joe, and the family dog, Roxy.

Then they went home and told their other children that Sam had died.

"He was sick all of a day and a half and then dead," Lisa remem-

"But God took us through this," she said. "And we saw his glory." Lisa remembers at the hospital accidently misdialing a number of a friend, only to reach another friend who was able to "shower blessings" on the family. The woman sent her housekeeper to clean the Sindlinger house before mourners started to arrive and called the school to let them know about Sam's death. Lisa hadn't intended to tell them until the following day, but those who came in response to the call "were the hands and feet of God," she remembers.

The service planned for Sam included his favorite praise and worship songs, and all the children were invited to come to the altar and sing.

Lisa said later she realized that Matt had made all the arrangements for Sam's service. Even though he was sick, he was very

"God prepared Matt to prepare me," Lisa said. "We knew we had to pull together. Statistically, marriages fall apart after the death of a child. Nobody cast blame."

The couple prayed a lot together and read scripture such as the Book of Job. One passage in particular that inspired them was "Shall we accept only the good and not the

"My husband and I knew we were Christians and had faith. We asked ourselves. 'Do I believe in the promises of the Bible or not? Do we believe in heaven? The answers were yes! There was joy and peace over that realization. Grief leads to joy! Sam was fine and happy, and we would see him again. That brought us peace ... I heard God say: 'Do you believe this? Then act on it and receive the peace of God."

Two years later, Matt succumbed to the brain cancer. Lisa recalls that he had some good spells and didn't let the suffering show. He remained strong and positive until the last.

"He was very positive and his

continued on page 66

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and a 2004 graduate of the Lake Oswego Leadership Program. Whether co-chairing the Lake Oswego Food and Wine Festival, working on a special project for the City, or participating in one of the many local cleanups and events, Kirby is hard to miss! Allied Waste thanks Kirby Ness for his 29 years of commitment to Allied Waste, and the community of Lake Oswego.

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Phone 503.636.3011 Fax 503.697.8553 www.lakeoswego.disposal.com ◀ strength in God showed through to our family and church. When people would say 'It's good to see you, Matt,' he would reply 'It's good to be seen!' He was very positive."

Again, blessings poured out from the community, friends and family.

A year after Matt's death, Lisa was still working at the Oregon State Bar. She had thought about seeking grief counseling, but didn't think they were doing "so bad."

"Then one day I realized that we were still talking about Matt in the present tense," Lisa said. "I was still wearing my wedding ring. We didn't want to address the fact that he was gone."

They began their grief counseling and started living again and moving forward.

"It took a long time before I felt I was in charge," Lisa said. "I couldn't manage everything. My kids had one parent about half time. I heard God say: 'I gave you this job and now I want you to leave it. Do this and you'll be blessed." She quit her job, which allowed her to rejoined her Bible study fellowship group and felt her trust in God and faith grow expotentially.

"I have two children who need to live good lives. We have a strong family, and I need to empower them to do what they want to do. That is God's promise to you: God is there for you and he loves you," she said.

From the time of Sam's death, people had approached Lisa to help others deal with grief. That certainty of faith is what she shares with others.

"You've been through it — go help them,' they said to me. People would look to me for support. I didn't feel I was different from them."

But she could offer a special caring.

"God draws you to someone. Just to be there for people. Our community is truly amazing. And



Lisa Findlinger said she was overwhelmed with meal deliveries and wondered how many thank you notes she could write to those in the community that helped her through difficult times. Through her grieving she learned the importance of helping others in need.

the phrase. 'It takes a village' is really true."

Lisa remembers being overwhelmed with meal deliveries and wondering how she could keep up with thank you notes.

"No notes!" she said. "It's not about that. Pass it forward and help others. When someone needs it, you go! Even if you feel there is nothing you can say, just be there with them. 'God comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we

ourselves have received from God.' (2 Corinthians 1:4)

"See how God's plan is better than ours? We have to open our eyes to God's blessings and we can see blessings even in the difficult times.

"Every day is a gift," she said. Amen.

Barb Randall is a reporter with the Lake Oswego Review and West Linn Tidings.

By BARB RANDALL

The retired life of Donna and John Fowlks is far from leisurely. The couple pack their day with activities supporting their neighborhood association, church and the Lake Oswego Adult Community Center.

"Cooking has always been my passion," said John.

That is an understatement. The retired food broker ran the senior center's cinnamon roll program for three years, and just this past December helped make more than 11,000 cookies for the center's first annual cookie baking program.

He prepares 80 meals for delivery from the center three times a week, plus cooks the dine-in lunch at the senior center between one and three days

A QUICK LOOK



Donna and John Fowlks

each week. He makes coffee for the 8 a.m. service at Christ Church Episcopal parish as well as assists with the church's First Friday soup and salad social. He mans the barbecue for the tennis camp the church holds each summer for underprivileged youth in north Portland.

John helps out of the kitchen, too. He delivers clothes from the church to Dress for Success and William Temple House, assists as needed in counting the weekly offering plus anything else he sees needs doing. And then he goes home and does whatever needs to

be done for the Red Fox Hills Neighborhood Association.

His wife, Donna, is no less involved. She

retired from her business in the tax preparation and bookkeeping industry in 1970, so her first inclination is to help others with their taxes and bookkeeping needs.

"Got to do what I know," she said. "I know how to do numbers."

She serves as treasurer for the neighborhood association, which is resident-managed and prepares tax returns for seniors at the center and pays bills for a few friends.

Donna also helps new widows gain an understanding of their finances.

"The first year is always a big challenge," she said. "They may not have any idea what was done in the past. It's easy for me to see what needs to be gathered. I just look at their last year's return and help them get their stuff together."

Donna's financial skills are utilized at church,

too. She helps count the plate offering each Monday and conducts the peer audit. Her other duties at church involve serving as head usher and organizing the ushers calendar and setting up for a weekly women's spirituality group.

Neither John or Donna are too keen on stepping into the spotlight, though they are both glowing examples of how to make an impact on your community in retirement.

"It's just important to do it, the recognition isn't what it's about," said Donna. "We're having a great retirement — it's just important to give back."

Barb Randall is a reporter with the Lake Oswego Review and West Linn Tidings.

A QUICK LOOK



Jeff Cumpston

By KARA HANSEN

Longtime West Linn High School band director Jeff Cumpston died last August after colliding with a motorcycle during a bike ride near his home in Africa.

But his effort to aid the small village of Chombo in Zimbabwe — and the lasting impression he left on many in West Linn and throughout the Portland area survives.

Cumpston, a respected jazz drummer skilled in a range of other instruments, was an inspiration to students.

Some progressed to top music schools under his instruction, and the most talented performers played alongside him at the Portland club Jimmy Mak's.

In 2008, his family moved to Zimbabwe, where Jeff and his wife, Theresa, a former Lake Oswego teacher, taught at a private international school.

They also adopted a village. It started with a few bags of food and grew to include garden-

66 They have cleared a huge plot of land near the pump that has been fallow forever and are now growing tomato plants there along with peanuts and beans. Jeff has to be smiling about this. "

— Theresa Cumpston

ing supplies and lessons in sustainable farming. Children Mary and Bryce encouraged their former Sunset Primary classmates to send shoes to Chombo.

"The people have nothing but the clothes on their back and yet they sing, dance and love without reservation," Jeff Cumpston once wrote, describing his admiration for the villagers' love of life. "We can all learn from that."

It's a philosophy carried forth by his wife and children, who still live in Zimbabwe. The family recently helped villagers build a

Writing in the family's online journal, Theresa Cumpston was enthusiastic about Chombo's newfound prosperity.

"They have cleared a huge plot of land near the pump that has been fallow forever and are now growing tomato plants there along with peanuts and beans," she said. "Jeff has to be smiling about this."

Kara Hansen is a reporter with the Lake Oswego Review and West Linn Tidings.



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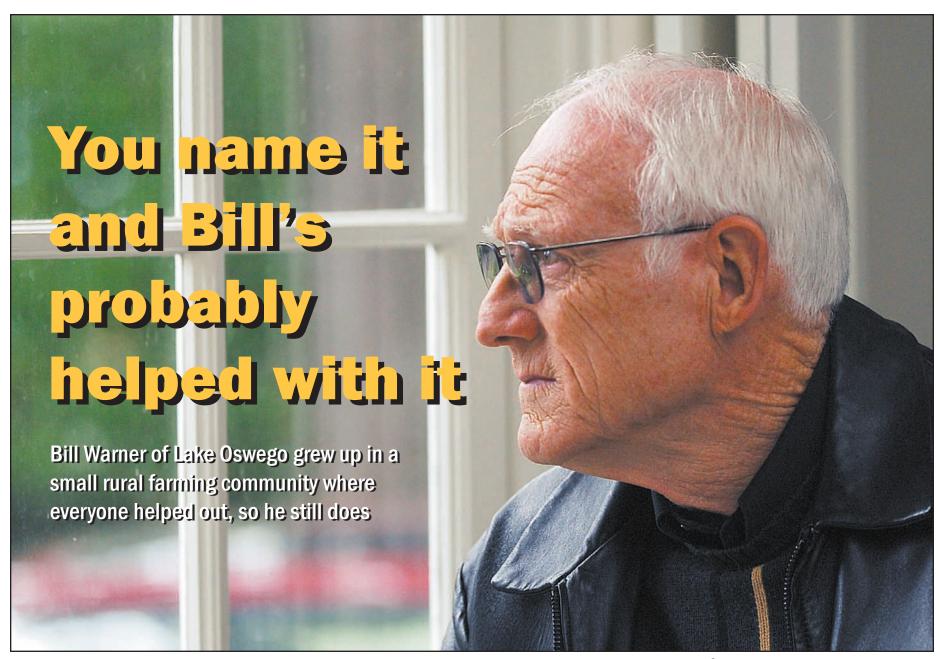
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By KRISTEN FORBES

Lake Oswego resident Bill Warner is notorious for his service to the community, and there seems to be no limit to what he's willing to do to help out.

He recently received the Bob Bigelow Lifetime Achievement Award for his many financial contributions and donations of his time to the community.

A past board president for the Lakewood Center for the Arts, Warner was instrumental in launching a \$3 million project that resulted in a stagehouse addition. He's been on the board ever since, helping to raise funds for Lakewood.

Warner and his wife, Barbara, have been in the Lake Oswego area for the last 45 years. When their kids were in school, they were involved with Little League, Little Guy Football, Babe Ruth American Legion Baseball, youth basketball teams sponsored by the YMCA, and other activities.

When his two sons grew older, Warner became more involved with the Lakewood Center for the Arts and the Oswego Heritage Council. He was a president with the Heritage Council for several terms and helped get the Heritage House off the ground and paid for.

Then, he became a key member of the Lake Oswego Chamber of Commerce Village Flower Basket Program. He and his wife have both been active with their church. Warner is also a longtime Rotarian,

continued on page 71



Staff photos I VERN UYETAKE Bill Warner spends time within the Oswego Heritage House.

cases to becomes work. We finitely do not consider it work. My theory has always been that you have to make it fun. When it ceases to become fun, then it becomes work. "

 Bill Warner says of his volunteering ◀ as well as an active member of the Royal Rosarians.

He is also a former member of the Lake Oswego School District budget advisory committee, which helped to establish the yearly budgets. He was a two-term president of the Lakers Club at Lake Oswego High School, helping to raise funds through their Dollars for Scholars program.

"I came from a very, very small, rural farming community," Warner says of his upbringing in Iowa. "Everybody is involved in everything in a small town. My mother was active in community activities: church, school, everything. She was president of the Band Parents Club and started a campaign to raise funds for new band uniforms — that sort of thing. So, I suppose I took her good example."

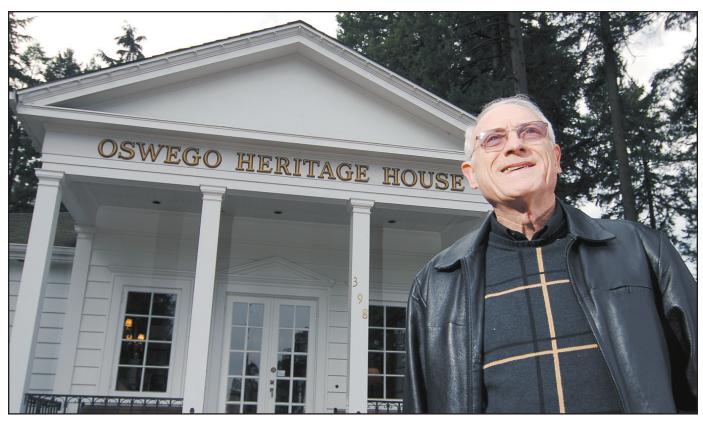
Warner met Barbara at Iowa State University. After a brief stint in the Army, he took a position with Timber Structures Inc. and transferred around the country for work, from Portland to Seattle to New York City to San Francisco to Portland again.

"Growing up, I always wanted to live in the West," he says.

Lake Oswego, in particular, captured his heart quickly.

"Like a lot of people my age, we settled here first for the schools, and we stay here now because of things like the Lakewood Center and the Heritage Council and the library — all of these things that I see as gems. We liked Lake Oswego initially because at that time, there were only 7,500 people. It was its own separate, small community with its own identity. It has grown to five times that size now, but in spite of that, it still has its own identity. It's a great community and when you've lived in a place as long as I have, you have so many friends, you'd never want to leave anyway," he says.

After being transferred back to the Portland area a second time, Warner stumbled across Sturdi-Built Greenhouse Manufacturing on Boones Ferry Road. He bought the business and property in 1968 and developed a business that specializes in the design and manu-



Bill Warner recently received the Bob Bigelow Lifetime Achievement Award for his many financial contributions and donations of his time to the community. Warner is also a strong supporter of the Oswego Heritage House.

facture of redwood and glass residential greenhouses for hobby use.

It quickly became a family affair, with his wife handling much of the office work and sending out mailings by hand before purchasing a computer in 1980.

Their oldest son took over the business 10 years ago. Bill and Barbara often take trips around the country and visit their customers, traveling in their personal plane or motor home.

Lake Oswego School Superintendent Bill Korach has known Warner for a long time and considers him a special friend.

"Two things immediately come to mind when I think about Bill," Korach says. "The first thing is Bill is a doer. He's the kind of guy who gets things done. He has made so many contributions to this community and not in just a behind-the-scenes kind of way ... I really appreciate that he goes after things that he believes in. I have great respect for him in that he's the kind of person that will go out and make a difference."

Korach added, "The other thing that I really appreciate about him is that he has a somewhat quirky, offbeat sense of humor. There's a kind of magic to him. He can make fun of himself and make light of the human condition in a positive way.

"He laughs at himself as well as us as human beings. He has a genuine engaging sense of humor. Even in the worse of times he can make you laugh."

Andrew Edwards, executive director of the Lakewood Theatre Company/Lakewood Center for the Arts, is another long time friend of Warner's.

"Bill has been an active supporter of the arts for several decades," Edwards said. "He and his wife, Barbara, have not only an appreciation of the arts but a deep-seated love for the creative process and for those who bring it alive.

"It's no secret that Bill is a triple-threat for any organization or cause he supports. By that, I mean he brings three admirable qualities to the table when he becomes your advocate. He is:

- "1. Generous with his time,
- "2. Generous with his talent and
 - "3. Generous with his gifts.

"Some people, for whatever reason, can only give one or two of the three. Bill gives you all. He

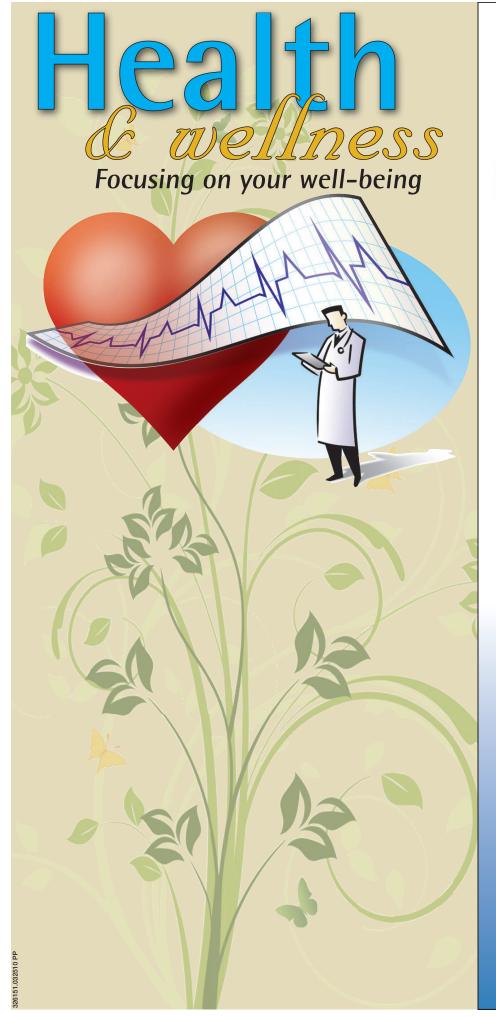
spends time as a volunteer, thinking of options, deliberating strategies and creating opportunities for people to participate. He then pitches in as the volunteer doing the task — always trying to find a little humor to make it fun and enjoyable. And he (and wife, Barbara) are often first with a gift.

"As a former friend, because that's what I'll probably be, after saying all these nice things, Bill would the first to tell me to cut it out. But it just needs to be said — Thanks, Bill for all that you do. Lake Oswego is a better place because you and Barbara care."

Warner enjoys motorcycling, traveling and working on maintaining his properties. He performs his own chores and is always engaged in a building or fixing project. He and Barbara now have five granddaughters.

"I definitely do not consider it work," Warner says of his nonstop volunteering. "My theory has always been that you have to make it fun. When it ceases to become fun, then it becomes work."

Kristen Forbes is a freelance writer. To view her blog, visit www.krissymick.blogspot.com.





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Cartier cares through cards and you can too



By KRISTEN FORBES

In 2004, Lake Oswego resident Becky Cartier read an article about a woman in Prineville with a sick baby. The woman's husband was deployed in the military and she needed to get medical care for her child, but she had limited money to

Her only resource was a small fund from the Salvation Army.

"Until that time, I did not understand that our citizen soldiers had to give up their regular pay and live on military pay, which was often substantially less than their regular pay. I was not aware of that. It just connected with me after reading that article."

What happened next is something that Cartier says came to her in prayer.

"I was so upset about what happened to that woman in Prineville," she recalls. "I just tossed and turned and prayed all night and thought: 'there's got to be a way to help these families."

Cartier has two children, 28 and 31. She says she likes to send them gift cards every now and then to help them out.

"That way, I know they eat," she says with a laugh.

Putting the two ideas together, Cartier decided to start Cards for Guards, a 100 percent charity with no overhead cost that quickly and simply aids military families in need. People can purchase gift cards (for anywhere — grocery stores, gas stations, Starbucks, etc.) and send them to the Oregon National Guard's Gen. Mike Caldwell in Salem. The cards are then distributed to the 12 Guard chaplains throughout Oregon, who from there distribute the cards to the neediest families. The money does not go to the military members, but rather to the families in need.

The way the charity operates is very simple ("no muss, no fuss," says Cartier), but getting it started was a very complicated process. Cartier made at least 75 phone calls to figure out how to handle the legalities of starting a charity. There were many hoops to jump through, but Cartier stayed focused on her goal of wanting to help these families.

"You hate to have a soldier over there fighting with the stress of being deployed and then also worrying about their child back here. You don't want them to do that. You want them to be focused on getting the job done there and getting home

safely," she says.

In her daily life, Cartier works at Franz Bakery in its public relations department. She conducts all the tours for the bakery, showing around 10,000 visitors a year the ropes. Most of these are students, mainly second-graders, because Franz meets the state mandate for manufacturing in Oregon. Cartier shows the kids everything from flour being sifted to dough being baked to products being packaged and loaded on a truck.

"It's a wonderful company. I feel very privileged to be a part of it,"

safely. 77 — Becky Cartier she says. "I'm a home economist and never in my wildest dreams did I aspire to be a tour guide, but it's honestly one of the most fulfilling

44 You hate to have a

soldier over there

fighting, with the

deployed, and then

don't want them to

do that. You want

them to be focused

on getting the job

done there and

getting home

stress of being

also worrying

back here. You

about their child

positions I've ever had." Always a creative innovator, Cartier even wrote a book the bakery had published called "The Adventures of One Little Bun" for students to learn about what goes on in the "bun highway" at the fac-

Her resourcefulness and creativity, Cartier says, is the result of her 4-H upbringing. A fifth-generation Oregonian, she credits that experience, from fourth grade through college at Oregon State University, for shaping her life and philosophies.

"I learned resourcefulness," she says. "When you didn't have something, you made do with what you had. The motto was 'to make the best better,' so I'm continually improving whatever I'm doing."

Cartier says she wasn't raised

continued on page 75

◆ with money and she made her own clothes in high school, including her prom dresses. She made her own checkerboard in elementary school when she wanted one but couldn't purchase it. Today, she is still an avid vegetable gardener and still looks for ways to put things together to make them better.

"I think you feel better and live better when you give back to the community," she says. "And it's always so nice to know that somebody cares. Maybe it's only a \$25 gift card, but they can do a lot with that."

Cartier says that all gift cards are appreciated, and gift cards in smaller increments are particularly helpful, since they are easier to divide among families. Gift cards may be sent to: Gen. Mike Caldwell, Oregon National Guard, P.O. Box 14350, Salem, OR 97309.

Kristen Forbes is a freelance writer. To view her blog, visit www.krissymick.blogspot.com.



Becky Cartier started Cards for Guards, a charity that quickly aids military families in need when people purchase gift cards and send them to the Oregon National Guard.

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Staff photos I VERN UYETAKE Ellyn Bye of Lake Oswego, pictured left and above with friend Patricia, enjoys working with Portland Center Stage and several pet organizations. She met Patricia years ago when she pledged to help fund her college education through Marathon Education Partners, which pairs youth in need with participants who act as their "cheerleaders."

By NICOLE DECOSTA

If the name Ellyn Bye sounds familiar it may be because you've seen it around town — perhaps at Portland Center Stage, a local animal shelter or on her nametag as she volunteers with a pet organization. And if you don't know her, she's probably a friend of someone you know. Many that know Bye describe her as a "community connector" — for pets and people.

Bye moved to Lake Oswego from California in 2003 after retiring as a psychotherapist with her own practice, focusing on marriage and family therapy.

And now she's a full-time philanthropist — and although quite humble to admit it — she is involved with many local organizations and making a positive difference in the community.

"(Psychotherapy) was a fun job and as a result of that — because it's such solitary work with one person — you need to maintain your volunteering and community outreach so that you always have activities in your life outside of that office practice," Bye said. "Your clients are not your friends... You need to have a wide social network to keep things in per-

spective."

And she does — many involving children, the arts and animals.

"Everyone can do something to help out," Bye said of volunteering. "There's always a need."

■ Educating youth: Six years ago Bye became an education partner — and she committed to going the extra mile for a local student.

Bye met Patricia, 17, when she was just in grade school. As a participant with Marathon Education Partners, Bye made a commitment years ago to increase higher education opportunities for Patricia by pledging to give \$100 a month from when Patricia was in sixth grade through high school.

That's how the program works, making tax-deductible donations for typically 10 years. The long-term investment allows these students in need — selected through a formal application process from Portland, Vancouver and Pendleton schools — to receive the funds plus interest accumulated through the years upon completion of high school to help fund higher education.

"It's a way to give back locally and make a difference locally and have a connection with a kid locally," Bye said, noting that through the years she's enjoyed getting to know Patrica and her family each month through significant events, like her Quinceañera ("Sweet 15)."

Marathon began in 2002 and Patricia is among one of the first students to see this program assist her as she enters college.

"It's just someone cheering you on in the background saying 'you can do this," Bye said. "(The students) are chosen based on excellent academic ability but probably don't have the financial means to go to college."

Bye said she enjoys how the program also keeps kids accountable; they must apply themselves at school and know that their dream of attending college is now within reach with hard work and dedication.

■ Artistic expression:

Growing up in Illinois, Bye was fascinated by live theater productions. And right when she moved to Oregon she purchased season tickets for productions through Portland Center Stage in Portland.

Wanting to participate more than just as an active audience member, Bye became a PCS board

member and one day met Artistic Director Chris Coleman for coffee. They discussed the new home of PSC at the Gerding Theater at the Armory, 128 N.W. Eleventh Ave. in Portland.

"Ellyn is a wonderful, wonderful supporter of ours. She's somebody who loves the work and the company and understands the importance of supporting the arts," said Greg Phillips, PSC executive director. "We're thrilled she's part of our family."

And as a part of that family Bye "named our studio theater," Phillips said of the 200-seat Ellyn Bye Studio theater. "She also sponsors a production annually, which just means that she makes a contribution that enables us to make ends meet and put the production on stage."

Bye has sponsored several theatrical productions at the theater — A Feminine Ending, Grey Gardens and How to Disappear Completely and Never be Found — and of course, she was in the audience.

For Bye, volunteering and helping with projects around town isn't about her time or her pocket-

continued on page 78

◆ book, it's about doing the right thing. According to a PSC news release, Bye also helped secure that some of the proceeds from the Triangle! Productions play BARK! The Musical benefit DoveLewis Emergency Animal Hospital and the Oregon Humane Society, a few of her favorite pet organizations.

■ Protecting pets: A lover of animals, Bye is well known to many in the animal community, as well as the people community.

"Ellyn's friendship is represented by her early leadership support for our Animal Medical Learning Center — the Ellyn Bye Entry Plaza. It welcomes all of the veterinary students, the foster families and the members of the public who are seeking our behavior services," said Mary Henry, the donor relations manager at the Oregon Humane Society.

Bye has volunteered her time and fundraising efforts there since 2004, Henry said.

"I think she's done a wonderful job in bringing together people who are passionate about making our community a better place," Henry continued, noting that through Bye's connections, word about the OHS has spread. "She's really great at making connections in the community."

Henry said that many dogs end up at the OHS after being in smaller shelters on the West Coast because, "our goal is to save as



Bye takes a moment out of her busy schedule to grab a cup of coffee.

many lives as we can."

When a kennel opens up at the OHS it can be offered "to a dog that might not have all the options that we can offer," Henry said.

And Bye wants to help get those dogs there. "My pledge for the next five years," Bye said, "is to provide van transport so they can go to outlying communities to pick up dogs."

Bye said she also enjoys outings volunteering with Project Pooch, Inc., a non-profit organization based in Lake Oswego that pairs youths incarcerated at the MacLaren Youth Correctional Facility in Woodburn with home-

less shelter dogs.

"I like sitting at a table and talking with people at events," she said.

Tiffini Mueller, the director of marketing and development at DoveLewis, said she's grateful for Bye's "amazing generosity."

The lobby at the northwest Portland location is called Noodles' lobby, named in Bye's honor and after her yellow Labrador-golden retreive mix, Noodles. Her other dog, Mooch, a black Labrador/border collie, has a snack machine named after her. And Bye purchased the surgery center there, she said.

But Bye brings much more to DoveLewis than financial support, Mueller said.

"She volunteers to wash dogs at our Dogtoberfest and lights up a room with her smile at our fundraising galas. She engages many others in all of DoveLewis' efforts, too. Her deep love of animals and commitment to helping DoveLewis thrive inspires those of us who work here," Mueller said. "I often stop and imagine what Ellyn would think of a certain part of a project I'm working on — and when it seems that she would giggle at it or be touched by it, I know it's the right thing to do."

Nicole DeCosta is a staff reporter for the West Linn Tidings and the Lake Oswego Review.



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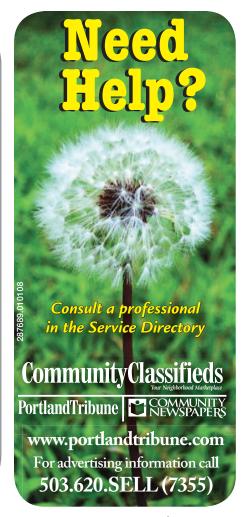
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Donating spirit — cue the pep rally for Roosevelt

SouthLake Foursquare Church in West Linn befriends Roosevelt High School in North Portland both learn life lessons in process

By REBECCA RANDALL

Dieulita (pronounced "Jillita") is from Haiti. She is always smiling and instantly applies her mentor Laurie Fowlkes' advice as she prepares for the Rose Festival Princess competition.

Dieulita came to the U.S. in 2005 with no English language skills. She speaks softly, a bit shy of allowing her French accent to come out too strongly. But she's not too shy to take Fowlkes' offer for help seriously.

"(She) will call me all the time on my cell phone," said Fowlkes. "She'll say, 'I'm applying for this scholarship, can I put your name down as a reference?"

Fowlkes mentors three of the girls in the program at Roosevelt High School in North Portland.

"These girls are just so open to have mentorship," she said. "It's so neat to see them grow as women and open up and smile more and learn skills through this princess program. It's such a joy to me."

Fowlkes doesn't have children at Roosevelt High School. She lives in Happy Valley and is a member of SouthLake Foursquare Church in West Linn.

SouthLake Foursquare Church has essentially adopted Roosevelt High School. Its 5,000-member congregation are "neighbors" to the 700 students who attend RHS in North Portland — they go to basketball games, organize tailgating parties, sew costumes for the drama department and mentor the girls applying to the Rose Festival Court.

"We want to provide an environment where kids can experience God's love and discover their potential," said Kristine Sommer-Maxwell, the mission's director. "Church's have been known for what they're against..."

SouthLake hopes to break that notion. "Jesus is for people, and we are for people," said Sommer.

Taking action

So given the 24 miles in between the schools, what spurred the church to see Roosevelt High School as its neighbor?

In June 2008, the Luis Palau Association challenged churches to live a Season of Service, a time when churches find needs in the business or civic world and try to meet



Staff photos I VERN UYETAKE

Phillondri Clark-Robinson sorts through some donated clothes that were leftovers from a fashion show.

them. Worship Pastor Wilson Smith heard through a friend about the need at Roosevelt.

And on June 28, 2008, 1,000 SouthLake volunteers descended upon the school to provide simple maintenance and clean-up to the neglected school.

"It was surprising to see how rundown the school was and see what some of the needs were that would be taken care of in our own area — Lake Oswego or West Linn," said Sommer.

The congregation's interest in the school was piqued and it had to do more. Now SouthLake considers Roosevelt to be a long-term investment. The church is leaving the educating to the teachers and is focusing on enhancing other areas of a student's life.

"Other areas of a kid's life don't necessarily get the support they need," said Sommer.

Supporting sports

That fall, the church continued looking for areas to help and invited the whole church to the Roosevelt homecoming football game.

The following year, after the second year participating in the Season of Service clean-up day — now a tradition at SouthLake — former

NFL quarterback Neil Lomax, who attends SouthLake, felt led to offer to help the Roosevelt football team, who went 0-9 during the 2008 season.

He called up the rookie head coach Christian Swain and offered to be the team's offensive coordinator. That fall the whole church descended again on the campus for the homecoming football game. This time it was an even bigger party. The church hosted a pregame barbecue for 1,500 people and donated Roosevelt sweatshirts to all students and staff.

The church soon expanded its reach that to basketball. Later that winter, the church read a column in *The Oregonian* by Steve Duin, which detailed that Roosevelt's girls' basketball team averaged only about six fans per game. Moved, the church attended the last home game en force and brought the girls to tears.

The church now provides goodie bags and encouragement throughout the girls' basketball season and has made a tradition of inviting the whole church out for the last home game. It also began hosting the winter sports banquet, which hands out the season's awards.

continued on page 83

It's all about relationships

"My dream is to see adults plugging into these programs where the kids are involved instead of starting (our own) mentoring program," said Sommer. "If we're really going to be supporting these kids it has to be through relationships."

The church has also adopted the school's Rose Festival Court program, which mentors girls to prepare them to compete for the chance to be the Rose Festival Queen. The program selects one princess from each participating high school to be on the court of 15 girls. Court members participate in a six-week tour of various community groups and receive more mentoring, a \$3,500 scholarship and a new wardrobe.

Fowlkes, who was the



SouthLake mentor Sheri Campos talks to Mayla Hernandez during the weekly meetings for the Rose Festival Princess candidates.

Washington State Dairy Princess in 1994-1995, knew that this program was the best fit for her as soon as she heard about it. "It is the highlight of my week," she said.

Every week through the spring, women from the church help the girls to find

formal dresses for the competition, coach them in public speaking and provide mentoring. Fowlkes works with three of the girls, helping them to learn other nuances that come with being a public figure, such as how to shake someone's hand firmly or look a person directly in the eye.

"I just do fun stuff with them to get them to feel comfortable doing those kinds of things," she said.

Some of the girls have particularly touching stories to tell. Bhan, who is Kenyan, grew up in Sudan. She came to the U.S. a few years ago. For the speech competition, which asks the girls to discuss the "rose spirit," Fowlkes worked with Bhan to help her to feel safe telling her story.

"She said that 'rose spirit'

continued on page 84



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Right: Sheri Campos leads a weekly meeting for the Rose Festival Princess candidates.

Below:
SouthLake
mentor Patty
Danilson has
some fun
with Mayla
Hernandez
during a
weekly meeting for the
Rose Festival
Princess candidates.



◀ meant to her the feeling that she got of leaving Africa and coming to America where no child is left behind and to be out of such danger when she didn't even think she might be alive," said Fowlkes. "But coming to America when so many of her family can't be here with her ... it's a bittersweet feeling."

Fowlkes said that the mentoring for her is a relationship that goes beyond the weekly meetings.

"I've always told them this goes far beyond the princess program. 'If you're ever out and you don't feel safe or you don't feel you're in the right situation, call me and I'll send whatever help I can to get you where you need to be," she said. "These girls are going to be a part of my life for years to come."

And much more

The church recently started a clothes closet. Portland Public Schools provides a clothes closet for the whole district, but it's sited at Marshall High School in Southeast Portland. Roosevelt has tried to stock its own, but it had a rather small

◀ inventory when the church took over. The church spent last fall stocking clothes, shoes, hats and coats. The church launched the closet during a particularly cold week in early winter and in two days the entire inventory was gone.

Undaunted, the church has plans to purchase a construction trailer to set up in the church parking lot for a clothes donation center and relaunch this April. Additionally, they are in the process of expanding the clothes closet to the elementary and middle schools that feed into Roosevelt High School.

Some other new ventures include a spring arts festival, which will allow musicians at the church to share their talent and passion with the student artists at Roosevelt.

There is also a woman in the church who started sewing costumes for the school's theater productions — this year they are staging "The Wizard of Oz." A group of professionals are also rallying to help provide grant writing services to the school.

And of course there is a giving tree at Christmas time.

In May, the most at-risk students

- term investment. We feel that we're just starting. "
 - Kristine Sommer-Maxwell

receive a summer survival kit, which includes bus passes, gift cards, a water bottle and other goodies. In the fall, teachers get welcome back bags with different classroom supplies such as staplers, notebooks and white board markers.

In total, Sommer estimated that the church has donated about \$100,000 to the school, but Rich Recker, who works in Roosevelt advancement, figured that with all of the volunteer time that amount is closer to \$650,000.

"This is, for us, a long-term investment," said Sommer. "We feel that we're just starting."

Rebecca Randall is a reporter with the Lake Oswego Review.

Roosevelt High School has topped a few lists...

- highest percentage of homeless students in Portland almost 17 percent of the student body,
- highest percentage of students in Portland on the federal Free and Reduced Lunch Program at 78 percent,
- highest percentage of students in Portland without health insurance at 65 percent, and
- most racially diverse high school in Portland — 34 percent Caucasian 30 percent Hispanic/Latino, 22 percent African-American, 9 percent Asian/Pacific Islander, 4 percent Native American, 1 percent Unspecified/Other.

It also has a few other distinctions: students speak 18 different languages at

home, many are living without a parent who is able to take care of them (according to the Department of Human Services), and these adolescents live in a neighborhood with a higher crime profile than other Portland neighborhoods.

Some of the more athletic or academically-inclined students are leaving for better schools and opportunities.

About 52 percent of the students within the boundaries of the Roosevelt High School neighborhood transfer to other schools. But this has left the school with less parent resources in an already economically disadvantaged neighborhood.



A QUICK LOOK



Sharon Murphy

By NICOLE DECOSTA

Approximately 6,000 cats, 58 dogs, two rabbits, two turtles, a pigeon, a miniature horse, three baby squirrels, two orphaned raccoons and eight baby ducklings are in happy homes thanks to Sharon Murphy and her staff.

As the executive director of PAWS Animal

Shelter at 1741 Willamette Falls Drive in West Linn, Murphy has spent the last decade placing animals with people. The non profit, no-kill facility allows the animals — mostly cats — to roam freely, instead of being kept in small cages. Murphy said that she learns the animals' temperaments by having them interact with one another.

"We learn whose good with kids," she said, "and who's crabby toward other animals."

Currently between 60 and 70 cats live at PAWS, waiting for a home.

"A big part of getting them cute and lovable is the foster parents," she said.

Dozens of foster parents have tended to kittens through the years.

Murphy encourages anyone interested in getting a new pet or just a new furry friend to stop by — even if it's just to pet the animals. PAWS is open Mondays through Thursdays from noon to 6 p.m. and on Sundays from noon to 3 p.m.

"Every animal deserves a good home — whether they get 'em here or somewhere else. I'm a little partial to ours because I think they have a little bit of an edge over some other shelters," she said of the animals' ability to roam freely. "What you see is what you're going to get instead of them being confined and restricted."

Nicole DeCosta is a reporter with the Lake Oswego Review and West Linn Tidings.

A QUICK LOOK



Ed and Roberta Schwarz

By KARA HANSEN

Roberta Schwarz is often credited with helping to save West Linn's White Oak Savanna, a rare remnant of a once-widespread ecosystem of open grassland and native trees.

The 14-acre site, once slatted for development, is now

poised for protection as a nature park. Schwarz spent thousands of hours pushing for public funding and gave countless tours of the savanna in her campaign for preservation. She is now rallying more support in hopes of expanding the park to 20 acres.

But she couldn't have done any of it without the support of her husband, Ed.

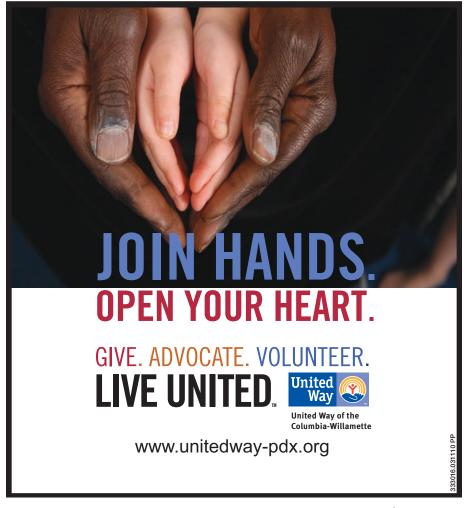
"He's been in on all of the work that has been done" to preserve the oak savanna, she said. He's also "the guy who makes me feel extraordinarily lucky to be alive. He's been with me through my two cancers," both malignant melanomas, "and all the while was funny and reassuring."

The two of them have worked closely together on another project, as cofounders of Neighbors for a Livable West Linn.

Last summer they hosted the organization's fifth annual auction at their home, netting about \$2,000 to buy computers for children whose families can't afford them.

Their charity's Computers for Kids program recently gave its 20th computer to a local family.

Kara Hansen is a reporter with the Lake Oswego Review and West Linn Tidings.





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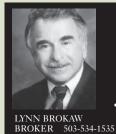
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