Naturopathic college opens new downtown research facility, laboratory

By Lee Perlman The Southwest Portland Post

Fresh on the heels of completing their new master plan, the National College of Naturopathic Medicine opened their new Helfgott Research Institute in downtown Portland. It was a special day for college supporters, Ashcreek neighborhood activist Dorothy Gage in particular.

The 19,200 square foot building at

Design Commission approves new pump station for Willamette Park

ing."

ate," he said.

lighting."

this, so am I."

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The Portland Design Commission last month approved the design of a proposed new Fulton Pump Station, due to be built in Willamette Park. The design had no opposition and several public endorsements, including some from people who said they would prefer the facility not be built in the park at all.

Alan Armstrong of the Portland Water Bureau said the pump would serve 16,000 people. It will be located on the site of an existing restroom facility, and will include restrooms of its own.

In response to community input the structure's design was shortened by eight feet from the original, and it will be painted a dark green "in an attempt to make it disappear into the landscaping," Armstrong said.

"We had a lot of input, and based on that we incorporated a lot of changes while keeping true to our core objective of being an asset to the community," he said.

Mike Dowd, architect and Miles Place resident, said he could see the site clearly from his kitchen window. "We really didn't want this in the park at all, we hate to lose park space, but there were compelling reasons for putting it there."

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2220 SW First Ave was an NCNM community clinic until 2009, when those services were moved to their Lair Hill main campus.

Renovation of the building cost \$1.5 million, paid for from a variety of sources including the Meyer Memorial Trust and Don Helfgott, for whom the facility is named.

said that natural medicine as practiced in the United States, "after being a secret for 55 years is attracting atten-

According to Dowd, "Every time we

met with staff the building improved.

The architects avoided the temptation

to make this an attention-getting build-

A proposed new multi-use trail, ex-

pected to bring a substantial increase

in bicycle and pedestrian traffic, will

"change the character of the park,"

Dowd said. Under the circumstances,

the pump station design is "appropri-

South Portland neighborhood activ-

ist Jeanne Galick said planning for the

pump station had produced "a lively

group discussion. This is a beloved

park, and we were aghast that this facil-

ity would be placed here. The impulse

was to make this disappear - to make it

smaller, with dark colors and reduced

The design also features "bird-friend-

ly" windows, designed to make clear

to birds that the windows are a bar-

rier rather than an open space, and

discouraging them from trying to fly

through. Candace Lawson of the Port-

land Audubon Society complemented

The Commission voted five to zero

to approve the design. Commission

member Ben Kaiser said, "I'm swayed

by Mike Dowd. He'll be living with this

more than us. Since he's in support of

the architects for these efforts.

edicine at

NCNM president David Schleich

way to assure good health longterm."

> NCNM now works collaboratively with the Oregon Health and Sciences University and Portland State University. It also offers a Master of Science in Integrative Medical Research, the only such degree in the United

tion as another



Dignitaries including Charleee and Bob Moore (center) and States. Dorothy Gage (right) use a giant scissors to cut a ribbon at Dr. Heather the National College of Naturopathic Medicine's Helfgott

Swickey, NCNM Center in October. (Post photo by Lee Perlman) dean of research,

said that when she first started, "Students did research on their own. They did fabulous work and received no credit for it."

Among other things, the institute looks at the positive and negative effects of various foods and the way it is prepared on individuals and the population as a whole.

Kim Thomas of Meyer Memorial Trust said, "The case for interactive medicine is so strong it can't be denied," and work on food diets and preparation is especially important "for people without a lot of resources."

To further this work, the building contains a food preparation area called Charlee's Kitchen. This is in honor of major donors Bob and Charlee Moore,

the owners of Bob's Red Mill Natural Foods, who have contributed a total of \$1.35 million.

Other major donors were sisters Dorothy and the late Marjorie Gage, both of whom received treatment for cancers at NCNM. The college is naming a laboratory at the new facility for Marjorie.

Sometimes in tears, Dorothy Gage said of her sister, "Almost everyone who took care of her became part of our family. Marge was totally dedicated to naturopathic medicine. She was an interesting mix of things. She was quiet, and didn't want to be the center of attention except on her terms. She would be overwhelmed if she were here today, as am I."



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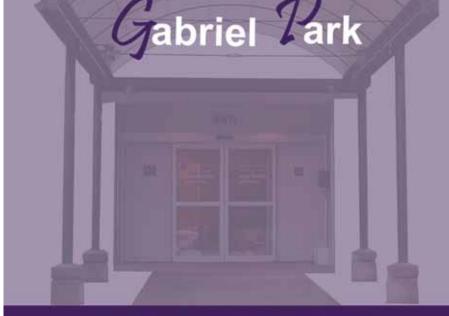




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