

Wilson cheerleaders compete and win places on All-State team

The Oregon Cheerleading Coaches Association’s annual All-State Competition was held Oct. 25 at Springfield High School.

Congratulations are in order to senior Ilia Duckler, junior Rachel Koch and junior Erin Koch of Wilson High School

They competed in the 2014-15 Oregon Cheerleading Coaches Associations All-State Cheerleading Individual Competition and won a place on the All-State Team.

Some 118 participants from all over Oregon jumped, tumbled and cheered for a spots on this elite, All-State Team. This year’s team consists of 24 members.

These individuals will be introduced and may be invited to perform their routines at the Oregon School Activities Association State Cheerleading Competition, February 14, at Veterans Memorial Coliseum.

– Don Snedecor



Wilson High School cheerleaders Erin Koch, Ilia Duckler, and Rachel Koch competed and won places on the All-State Cheerleading Team. (Photo courtesy of Lucy Koch)

COMMUNITY LIFE

By KC Cowan and Don Snedecor
The Southwest Portland Post

4 How will the Portland Comprehensive Plan affect you? Find out at the public hearing on the plan, Tuesday, Nov. 4 from 4:00 – 8:00 p.m. at 1900 SW 4th Avenue, Room 2500A. You can also comment ahead of time: www.portlandoregon.gov/bps/57352.

Nerd Night! Test your little “grey cells” and find out how much trivia you know! The Garden Home Community Library will host its monthly trivia night Tuesday, Nov. 4 from 6:30-8:30 p.m. The questions are not guaranteed to be easy, but the fun is! Play as an individual or a team. Free.

5 Hillsdale residents are invited to attend the monthly meeting of the Hillsdale Neighborhood Association, Wednesday, Nov. 5 from 7:00 to 9:00 p.m. Meet your neighbors and find out about issues that concern you. The meeting is at St. Barnabus Church, 2201 SW Vermont St. Contact Mikal Apenes, mikal@windermere.com, 503-705-9777.

8 Thanksgiving dinner at St. Barnabas Church. Mark your calendars! On Saturday, Nov. 8 from 5:00 to 6:30 p.m., St. Barnabas Church will be hosting its annual Thanksgiving

Dinner. Don’t miss the homemade pumpkin pie. Please come and meet your neighbors. Wheat free and vegan options are available. The community dinner is the second Saturday of every month.

11 Engineer Al Iverson will give a PowerPoint presentation of his ideas for Capitol Highway improvements at the next meeting of the Multnomah Neighborhood Association on Tuesday, Nov. 11 at 7:00 p.m. at the Multnomah Arts Center, 7688 SW Capitol Hwy. For more information, contact new chair Carol McCarthy, mnachair@gmail.com or visit www.swni.org/multnomah.

12 The Maplewood Neighborhood Association meets Wednesday, Nov. 12 to further discuss the Portland Comprehensive Plan. The meeting is at Maplewood School, 7452 SW 52nd Ave. Arrive at 6:45 p.m. to enjoy some social time with your neighbors. For more information, call 503-823-4592, email maplewood@swni.org or visit www.swni.org/maplewood.

14 She thrilled them on A Prairie Home Companion, and now’s your chance to listen to singer-songwriter Ellis when she performs Friday, Nov. 14 at 7:00 pm at O’Connor’s Vault, 7850 SW Capitol Hwy. Her singing has been called thoughtful and captivating. Seating is limited; advance tickets are recommended. Visit www.ellispx.brownpapertickets.com. \$15 advance, \$20 at the door.

18 Keep the holidays stress free! Are you tired of the pressure to “buy more stuff” during the holidays? Come find out how to simplify your holidays; find more meaning; and create more calm and connection with your family and friends. Certified Simplicity Parenting Coach Stephana Johnson brings strategies

to simplify the holiday season. Tuesday, Nov. 18, 6:30 – 7:30 p.m. at the Hillsdale Library, 1525 SW Sunset Blvd. 503-988-5388. Registration is required.

19 It’s not too early for Christmas music. Join the cast of Northwest Senior Theatre for Holiday Harmonies to hear all your favorites and perhaps some new holiday tunes. The show runs Nov. 19 – 22 at the Alpenrose Dairy Opera House, 6149 SW Shattuck Road. Admission is only \$5. For more information, call 503-227-2003, email bettymer@comcast.net, or visit www.nwseniorthatre.org.

22 Science is fun! Children can learn all about science in a fun-filled class Saturday, Nov. 22 from 10:30 to 11:30 a.m. at the Capitol Hill Library, 10723 SW Capitol Hwy. There will be hands-on experiences for the kids as they see chemicals change colors, levitate objects, and meet a live reptile. Free tickets available 30 minutes before the program.



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Northwest Senior Theatre prepares for Holiday Harmonies, playing Nov. 19 - 22 at Alpenrose Dairy's Opera House. (Photo courtesy Northwest Senior Theatre)

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