

Sarah Segal named Oregon History Teacher of the Year

Sarah Segal, a sixth grade teacher at Hood River Middle School who teaches Social Studies, Literacy and Writing was recently named Oregon History Teacher of the Year for 2015 by the Gilder Lehrman Institute of American History.

Founded in 1994 by Richard Gilder and Lewis E. Lehrman, the Gilder Lehrman Institute of American History is a non-profit organization devoted to the improvement of history education. By receiving the state award, Segal is also a candidate for National History Teacher of the Year.

Teachers are nominated by either a student, parent, colleague, principal or other administrator famil-

iar with the teacher's work and must meet the following criteria: at least three years of classroom teaching experience; will teach

for at least one year following the award year; demonstrated commitment to teaching American history; evidence of creativity and

imagination in the classroom; effective use of documents, artifacts, historic sites, oral histories, and other primary resources to engage students with American history.

In October 2013, Segal received the first Robert H. Jackson Center National Award for Teaching Justice award. This is her 12th year at HRMS.

Segal received a Bachelor of Arts in sociology/anthropology from Western State College of Colorado in 1998 and a master's degree in curriculum and instruction from the University of Montana in 2004. She has received numerous awards and grants, including receiving the first annual Robert H. Jackson Center

National Award for Teaching Justice in 2013. Segal has participated in national and international travels to various countries, including China, Germany, India, Japan, Saudi Arabia, South Korea and Turkey for first-hand exploration of social, economic, environmental, and historical intercon-

nectivity of peoples throughout the world.

"Sarah demonstrates a strong commitment to teaching History and provides amazing and creative opportunities to engage her students in the subject. We are extremely proud of Sarah earning this award," said superintendent Dan Goldman.



Photo by Kevin Noreen

SARAH SEGAL accepts congratulations from assistant principal Ocean Kuykendahl, left, and superintendent Dan Goldman, at the May 27 School Board meeting.

ON SUNDAY, CELEBRATING A HERO

Segal and her Hood River Middle School students will share their story of learning about local unsung hero Minoru Yasui and developing ways to share his life and accomplishments with the Hood River community and beyond. The presentation will take

place Sunday beginning at 10 a.m. at the worship service of the Mid-Columbia Unitarian Universalist Fellowship, held at the Rockford Grange, 4262 Barrett Drive. For details, contact Judy Zimmerman at 541-402-1860. Additional information at 503-241-6671.

MELISSA

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sional dancing," said Vovou. "I thought I wanted to be a ballerina all along, but then I found out the restrictions of ballet."

Those restrictions — from maintaining a "lean enough physique to be considered for auditions/jobs" to "the constant pushing for more turn out and flexibility" — led her to explore other dance forms, including hip hop, and, 8 years after coming to the Bay Area, she auditioned for Carnival Cruise Line, where she would spend the next 7 years dancing in Vegas-style production shows.

By 2007, she was "trying to get off cruise ships and back to land life," she said. "It was time to grow up."

One of her favorites on the cruise line was the magic shows, and she hoped to do something similar when she moved to Las Vegas. But she

wasn't "the type" producers were looking for ("Tall Barbies"), and the industry was changing.

It was time to do something else.

That "something else" was Pilates instruction. Vovou began taking Pilates in the Bay Area to help recover from a knee injury, and, while she wasn't interested in teaching at that time — she was focused on ballet — she apprenticed with other teachers to "learn the ropes."

But, as her dancing career changed, so did her desire to teach.

"I had enough injuries that I needed Pilates to function myself — hence the drive to full time teaching it," she said.

She earned her extended Pilates certificate at Power Pilates in New York under third-generation elders of founder Joseph Pilates. Her reasons for studying there were twofold: Younger sister Stephanie was a Pilates teacher at the studio, and the facility was known for its instructor program.

"It was a very inspiring program," she said. "They really know their stuff. It was quite an intense six months."

Having completed her training, she moved back to Hood River to teach. She wanted to come home, she said, because "I needed to be connected to nature, to the outdoors. There is that in Las Vegas and New York ... it is there, but this place is special."

"I think it takes going away sometimes to realize how great a place is," she said.

At first, she taught at the Columbia Gorge Dance Academy while simultaneously teaching Pilates. But soon, she had limited her dance instruction to summers and on a substitute basis, with Pilates becoming her main focus.

She has taught at Pilates Studio of Hood River, owned by Virginia Thomas, since 2011. She works 2-8 hours a day four days a week. Classes include group, private and "duets" (groups of two with a focus on spring resistant equipment).

Two good starter classes are

Friday's noon mat class (instruction rotates between herself and Thomas) and Tuesday's 5:15 p.m. circuit class. She also recommends newcomers take a private lesson first to get a feel for the moves. She has about 40 students, between her private and group classes, and would love to see more people become involved because Pilates is a very inclusive form of exercise.

"It surprises me how many people don't know what Pilates is," Vovou said. "It's a fitness format, or a method. It's very balanced. It's challenging and creative, but also very safe. Anyone can do it — it doesn't matter if you're 80 or 14, or if you're recovering from an injury and have physical limits, or are an athlete-type who wants to increase core strength and stamina. It's good for the average person looking for a little tone."

It's a combination of things that makes being a Pilates instructor so rewarding, she said: Helping people connect with their bodies, empowering them to take care of them-



Photo by Lindsey Hanula

MELISSA VOVOU came to Pilates to rehabilitate a knee injury received in her dancing days. She now teaches four days a week at Pilates Studio of Hood River, owned by colleague and friend Virginia Thomas, above left.

selves and stay strong, and giving them the tools they need should an injury flare up again.

"I find it very inspiring, watching them make breakthroughs," she said.

"Pilates instructors often tell you it's a mind-body-spirit focus that's different from yoga," she said. "It teaches one to quiet one's mind, focus on

one thing, maintain your body, tune in to your body — it's amazing how many of us aren't — and breathe."

For more information of Vovou's classes, visit melissapilatesclasses.com. There, she lists her class schedules, photos, inspirational quotes and YouTube clips, as well as her biography and contact information.

PORT

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As of now, the Port and Alexander have closed on the first phase of their agreement, which will allow Alexander to set up shop in a light industrial "flex" building the port owns on Herman Creek Lane, in order to launch operations. Alexander locked down a 10-year lease on the 7,500 square-foot property.

The Port's next step is to work with Alexander in preparing the vacant industrial building for Puff Factory's arrival.

"We will meet with Jacqueline in a couple weeks and identify what needs to be done," said Koch. He said the light industrial building will serve as a starting point for Alexander to begin operations, but it won't act as a full-sized plant.

The actual plant would be phase two of the deal. The Port and Alexander are still discussing options which would allow Alexander to purchase 4.41 acres of light industrial-zoned property in the Port's Business Park.

The plot of land Alexander has been eyeing is just north of Bear Mountain Forest Products, next to a barren

area called "the quarry." The entrance would be a new access road off Cramblett Way.

Puff Factory marks the first large scale startup business in the small Columbia Gorge town since its logging days in the 1980s.

The last new company to set up roots in Cascade Locks was Brigham's Fish Market, which opened in 2013 and sits along the main drag at 681 Wa Na Pa St. The market was the first new business in about 30 years, Koch remembered. The market specializes in seafood and fresh fish.

After Brigham's, Cascade Locks got an expanded Bear Mountain Forest Products in March — the wood pellet and bedding titan bought the Port property it had been leasing since 1991 in order to boost and diversify its production.

"Brigham's opened about two years ago ... then boom, you get Bear Mountain and now we get Puff Factory," said Koch.

The Port commission and staff have been careful in negotiating the final Puff Factory land sale, given the financial impact of a new business in Cascade Locks, said Koch.

"This will be a startup company ... they want to take care," Koch said.

Steven Sliwa receives Distinguished Eagle Scout award

Retired Insitu leader started as Scout in 1969

Steven Sliwa has been awarded the Distinguished Eagle Scout Award upon nomination by the Cascade Pacific Council, Hood River Oregon and the Boy Scouts of America. This award is granted to Eagle Scouts who, after 25 years, have distinguished themselves in their life work and who have shared their talents with their communities on a voluntary basis.

Steven Mark Sliwa, PhD. has been a member of the Boy Scouts of America since February 4, 1969, and achieved Eagle Scout. He has continued to serve God, his country, and other people by following the principles of the Scout Oath and Scout Law. Through his career as founder and CEO of Insitu, he has met all standards of aforementioned principals and continues to volunteer to his com-

munity. His specific accomplishments are as follows:

Founder at Insitu, a leading developer of miniature robotic aircraft and provider of surveillance services; founder of Capital Synergy Partners, enabled founder and colleagues to perform management and strategic consulting services; president of Embry-Riddle Aeronautical University; board member of Jeppesen Foundation, San Francisco Lighthouse for the Blind, Renaissance Entrepreneurship Center; and author of 30 papers on topics ranging from aerospace design, multidisciplinary system optimization, adaptive control theory, and academic re-engineering. He received NASA awards



Steven Sliwa

for outstanding publications and as an inventor, was awarded two patents (smart gun dock and air-start propellers for UAVs).

In recognition of these and other achievements, the Boy Scouts of America, upon nomination of the Cascade Pacific Council, acting on behalf of the National Executive Board of the Boy Scouts of America, bestow the honor and rank of Distinguished Eagle Scout which will be awarded to him on June 23.

The National Eagle Scout Association Committee, under the direction of Alumni Relations at the Boy Scouts of America's national office, selects the recipients of this award. The members of the selection committee are all recipients of the Distinguished Eagle Scout Award, which was implemented in 1969 and since that time more than 1,850 nominations have been approved. Only the local council of the Eagle Scout's primary residence may nominate.

Corrections

The June 3 Kaleidoscope on the Office of International Visitors delegation visit to Hood River omitted mention of one more local by the group of international medical professionals. Hood River County Health Department's Trish Elliot, said, "It was a wonderful experience meeting them and talking about public health in our community. They were very inquisi-

tive and fascinating to interact with."

The June 3 article on Odell Hispanic Coalition awards did not mention that, in addition to the schools and the County Prevention Department, partners included the Regional Health Equity Coalition. The Regional Health Equity Coalition is under the Next Door, Inc. Nuestra Comunidad Sana

leadership with Yesenia Castro (one of the moderators) as program manager.

The Scout shown in the photo on page B2 in the June 3 edition about Scouts Court of Honor was Joey Slover of Troop 282, who was standing in for Scout of the Year honoree Michael Caldwell, who could not attend.

The Hood River News strives for accuracy at all times. If we make a factual error, we welcome readers to let us know about it by calling the news department at 386-1234.

Gorge Restaurant Guide

APPLE VALLEY BBQ

Cherry wood smoked pulled pork, meatloaf, pork ribs, chicken, burgers, awesome salads & vegetarian options. Smoked Prime Rib on Friday & Saturday night! Local draft beers, wine and hard cider. Full service catering available! Full menu online!

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HOOD RIVER RESTAURANT

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Open seven days a week:
Sun. - Thurs. 9:30 a.m. to 10 p.m.,
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541-387-3300

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Combining Southern soul food and Northwest cuisine. Whether it is craw-fish etouffee or fresh local salmon, it will not disappoint. With a great martini bar and some of the best bread pudding in Hood River, we are quickly becoming 'the place to go in the gorge.'

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11:30-10 pm Fri. & Sat.
102 Oak St., Hood River, inside the Hood River Hotel
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