

Recovering from Traumatic Events

continued ▲ from front

harrowing events, but there are a number of organizations and individuals out there willing to extend a helping hand.

An event that dramatically changed the course of the life of Stasha Loosli took place in May 2009 when her husband, Everett, was murdered by a neighbor outside of her St. Helens home for reasons she still doesn't understand. Loosli was left alone to raise her two sons.

"I can't do this on my own," was Loosli of her first reaction, who said her life began to steadily unravel.

In addition to the loss of a second income and difficulties answering questions a father would traditionally answer, she had moments that were particularly straining. When her son graduated from pre-school, she was reminded of her loss looking at the other families. She felt the sting again when her 10-year-old son started playing football, which is something his father had always looked forward to seeing.

But with a little help, things got better. She started attending a support group at the Dougy Center every other week with her boys, which helped the family realize that they weren't the only ones in their situation and learned ways to cope with their loss. Her father-in-law also moved in to help with the raising of the boys.

Loosli said her home is still decorated with images of her deceased husband, and still keeps his F250 truck. Johnny Cash, one of his favorite musicians, is often played at the house, which causes her older son's face to light up instantly.

Steadily she realized that she could do it.

Schuurman said that the public often hears the term "post-traumatic stress disorder." But she wants another term to become more common: "post-traumatic growth."

Working at the Dougy Center, she described one family of five that had a bad accident where the car they were in rolled. Everyone survived except for their son who was riding in the back seat and didn't have a seat belt on, which was partly because of the way the vehicle was

traumatic incidents while working for the police bureau's Crisis Response Team, which has taken her all over the city.

The team is composed of specially-trained volunteers who help defuse tense law enforcement situations, and are often the first people to contact a family that has lost a loved one.

The idea behind the program is that crisis volunteers are better acquainted with certain communities and help ease the shock someone might be experiencing, in hopes that they provide useful information to police.

"We may not have the answer to the 'why,'" said Ward of what she often tells victims, "but we are looking for the 'how.'"

She remembers in 2004 getting a call in church about an urgent situation in the St. Johns area.

Ward said she arrived still wearing her Sunday best to find that the police had already taped off five blocks.

Jahar Perez, an unarmed black motorist, had been shot dead by the police, and the crowd that had amassed was teetering toward becoming riotous.

"There was death in the crowd, and death on the other side of the yellow tape," said Ward.

Working with other Crisis Response Team volunteers, she helped calm the crowd. Afterwards she ditched her high-heel shoes, and then made her way to the apartment of Perez's mother.

She comforted the woman who was still trying to understand the death. After the crowd steadily dispersed and under the cover of night, she escorted the mother to a nearby Baptist church where she could say her final goodbyes to her son.

Healing Hearts Event Saturday

"One Voice, Healing Hearts," an event for people who are recovering from a traumatic event, will be held this Saturday, Sept. 11, at Holladay Park, at Northeast 11th Avenue and Holladay Street from 12 p.m. to 4 p.m.

The program will feature performances from Linda Hornbuckle and the Self Enhancement, Inc. Youth Choir as well as informational booths from organizations that deal with the issue.

designed.

The mother of the family championed the issue and started lobbying car manufacturers to make cars that have seatbelts in the back seat that are more accessible.

Loosli said that she underwent her own growth. She said that following her husband's death she is a stronger more independent person. Additionally, she said she's less likely to get upset about what she now knows are trivial things.

"It's hard for me to get mad about stuff," she said.

Rev. Renee Ward has dealt with no shortage of people reeling from

Acid Attack Victim Recovering

continued ▲ from 2

burn unit in Portland Sunday. She had underwent surgery to remove dead skin from her face. Doctors say she probably will need more surgery in the future, although it is too soon to tell just how much she will need.

The Aug. 31 attack appears to be random and carried out by someone unknown to Storro.



Bethany Storro

Police have no suspect in the case and are continuing their investigation.

Storro, who said she could hear her skin bubbling as she hit the ground following the attack, when asked what would she say to her attacker, said "I would say, 'did you wake up and say 'I'm going to carry some acid in a cup and throw it on the first person I see?'"

To Place Your Classified Advertisement

Contact:

Phone: 503-288-0033

Fax: 503-288-0015

e-mail: classifieds@portlandobserver.com

Shi Aaron's Looks

"That's all one needs"

BARBER & BEAUTY SALON

Aaron Peterson, Owner
Cosmetologist / Barber / Stylist

Hrs: 10:30am - 7pm / Mon. - Sat.

(503) 268-3661

5800 NE MLK Jr. Blvd. Portland, OR 97211
(Next to The Cash Connection)



Zeke's Ready Ribs is now Open!!

Rib dinners special: 3 Ribs 2 sides and bread \$9.49

Zeke's is having a 2 month special (June-July 3rd):

- Wings with toast \$ 1.99
- 12 wings with Toast and fries \$9.49
- 3 wings fries and Toast \$4.49
- Hot Link or German Sausage with soda \$2.99
- Chill fritos with soda \$2.99

Come by Today

Open 10:30am till 8:00pm, Monday through Saturday
5800 NE MLK Jr. Bld., Portland • 503-321-5121

"The chicken tastes better than Jacks!"

NEW SEASONS
MARKET

and Cannon's Rib Express Present:

REGGIE HOUSTON'S C'EX ALL STARS

Sundays 5-8pm

at Cannon's

Rib Express

5410 NE 33rd Ave

(Next to New Seasons)

Sunshine, BBQ and a FREE, all-ages, outdoor show by a New Orleans' sax legend, Grammy nominated pianist JANICE SCROGGINS, bass virtuoso BEN JONES & powerhouse drummer TYRONE HENDRIX.

What could be better?

... Well, you never know what amazing, surprise guest musician will sit in!

June 6
June 13
June 20
July 4
July 11
July 18
July 25
Aug 1
Aug 8
Aug 15
Aug 22
Aug 29
Sept 5
Sept 12
Sept 19
Sept 26



photography by Brandy Kayzakian-Ross

reggiehouston.com