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**A Mentor to Generations**  
Coach spent decades helping kids  
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**Community Tools**  
Check-out library sites has neighbors helping neighbors  
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'City of Roses'

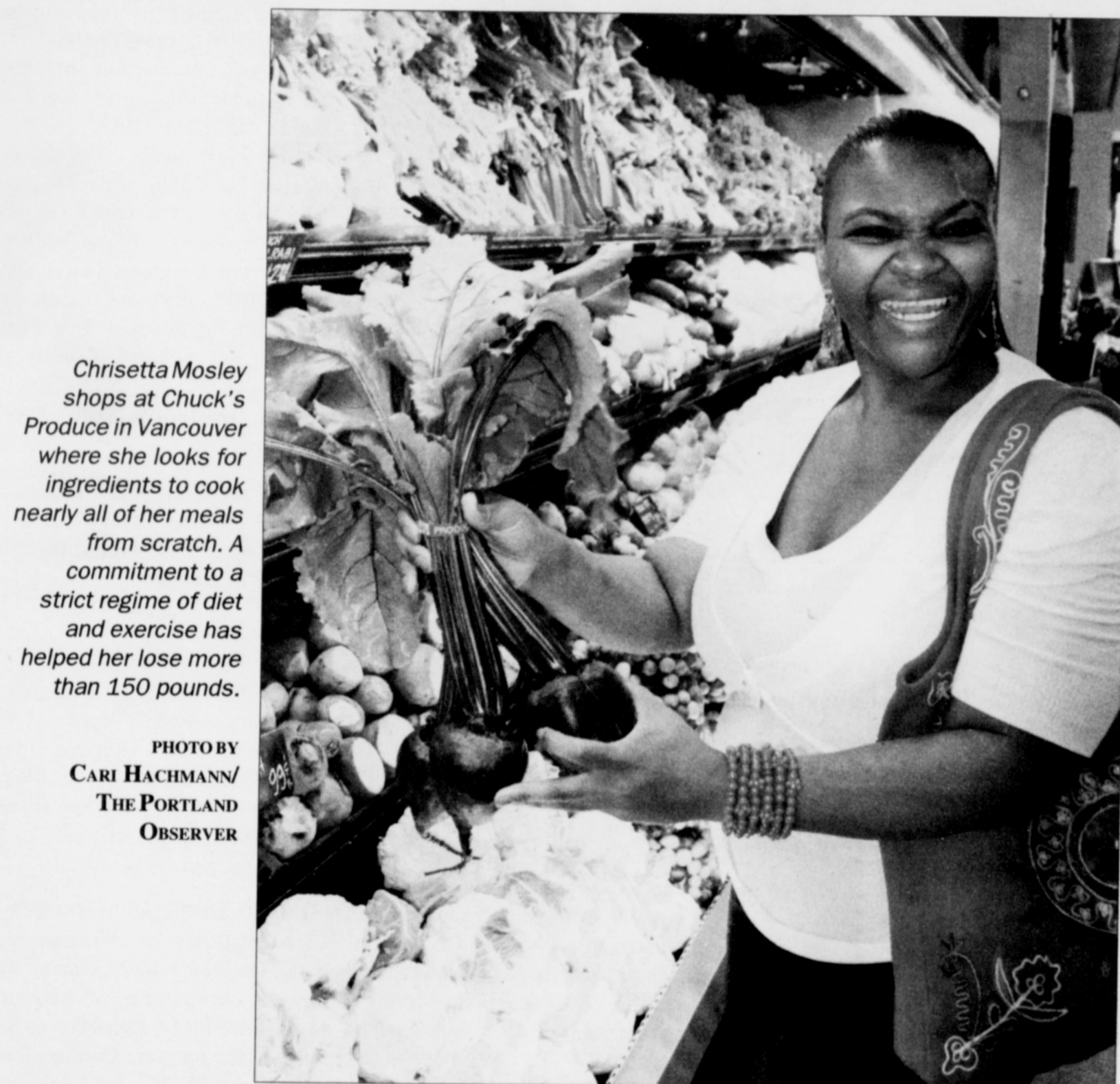
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years of community service



Chrisetta Mosley shops at Chuck's Produce in Vancouver where she looks for ingredients to cook nearly all of her meals from scratch. A commitment to a strict regime of diet and exercise has helped her lose more than 150 pounds.

PHOTO BY  
CARI HACHMANN/  
THE PORTLAND  
OBSERVER

## Taking Cooking Back

'Farewell Fatso' blogger shares journey

BY CARI HACHMANN  
THE PORTLAND OBSERVER

After 32 years of living in an obese woman's body, Chrisetta Mosley has reclaimed control of her weight and eating habits and now, inspires others to do the same—starting in their own kitchen.

"We've lost our way," said Mosley, concerned that people, like herself, trapped by low-income and lack of education, end up eating cheap convenient goods out of pre-packaged boxes and at calorie-pumped fast-food restaurants.

Like Justin Timberlake's song 'Bringing Sexy Back,' the 38-year old, a mother to an 18-year-old daughter, said she is bringing cooking back and emphasized her determination to inspire others to cook at home.

Once tipping the scale at 388 pounds, Mosley is now 170

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## In the NEIGHBORHOOD 10 Year Later: Reflecting on the Sept. 11 Attacks

Residents reflect on the Sept. 11, 2001 terror attacks and what it means a decade later



I was in New York on 9/11. We actually ran to the bridge and all you could see was smoke. No buildings. We thought it was a joke at first. --Irena Broadwater, 36

Sept. 11 was the beginning of an overwhelming feeling of fear that stuck with me through my teen years. I am just now regaining my trust. --Ken Schurer, 23



I'm sorry first of all for the lives taken away. I'm thankful for all the men and women who helped in trying to rescue the people. It reminds me that people care about human life. --Karyn O'Harrow, 51



I think it changed our country forever. It has changed my outlook on the U.S. and geopolitical policies, and I'm very fearful the direction some of the right wing politicians are going, partly as a reaction to 9/11. --Aaron Cook, 55



It feels like not that much time has passed. On the one hand, it was a wake-up call. But on the other hand, I think that day has been used to abuse our liberties. --Dusty King, 24



It is not a good memory. It was a sad time in our history of this country, and it was the first time we had an attack like that on American soil. --Wayne Cannon, 70