

# Beaverton School Board honors Sato family with new elementary school name

The board of the Beaverton School District has named the 34th elementary school in the district the Sato Elementary School. Built for children in kindergarten through fifth grade, the new school is scheduled to open in the north Bethany area in September.

The school was named in honor of the Sato family. Yoshinosuke and Asano Sato moved to the Bethany area from Washington state in 1926. They were Japanese Americans who lived and successfully farmed on Brugger Road, growing strawberries, blackberries, youngberries, and vegetables on their property. The couple's four children — Lois, Marie, Shin, and Roy — attended Bethany School and Beaverton High School.

After the attack on Pearl Harbor, the Sato family was sent to the Minidoka Relocation Center in Idaho from May 1942 through August 1945. The two sons, Shin and Roy, enlisted in



the U.S. Army with the 442nd Regimental Combat Team of American-born Japanese. The 442nd suffered tremendous casualties, with 28 percent of the soldiers killed or wounded. Shin died in combat in 1944. Roy was wounded twice and received the Purple Heart.

After Roy was discharged from the army in 1945, he returned to his parent's farm with his wife. However, the farm was never the same because it had not been

maintained properly in their absence. The Sato family is buried in nearby Bethany Presbyterian Cemetery.

The new school is located on former farmland and will provide enrollment relief to nearby Springville K-8, which is experiencing overcrowding due to record growth in the area.

The construction of Sato Elementary School is funded by a \$680-million bond measure passed in May 2014 to relieve



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district-wide overcrowding.

The Beaverton community passed the bond to build three new schools — a high school, a middle school, and an elementary school — as well as demolish and rebuild four existing schools — Vose, Hazeldale, and William Walker elementary schools in addition to the Arts & Communication Magnet Academy. Also included in the bond are repairs and

improvements to current school facilities as well as investing in technology infrastructure and learning tools over an eight-year period.

The district acquired 10 acres of land for Sato Elementary School in March 2006 from Sharon and Bruce Hosford for a purchase price of \$4,000,000.

To learn more, call (503) 356-4360 or visit <www.beaverton.k12.or.us>.

## Researchers say air pollution and lack of physical activity pose competing threats to children in China

Children and adolescents in mainland China are facing two serious and conflicting public health threats: ongoing exposure to air pollution and an increasingly sedentary lifestyle with little regular physical activity outside of school.

Health workers and policymakers need to find ways to address both of these issues so children can be more physically active without suffering the health risks caused by exposure to air pollution, Oregon State University (OSU) researcher Brad Cardinal and Zhejiang University scholar Qi Si suggest in a commentary published in the December issue of *The Journal of Pediatrics*.

"The question is: 'How do we balance the virtues of physical activity with the hazards of air pollution?'" said Cardinal, a kinesiology professor in the College of Public Health and Human Sciences at OSU and a national expert on the benefits of physical activity. "Ultimately, we have to find ways for people to stay active despite the air pollution."

According to Cardinal, although many cities and countries around the world grapple with air pollution issues, there is particular concern for children growing up in China, in part because they tend to commute more on foot or bike and their playgrounds and sports fields are often found near busy streets or highways. He said the impact of air pollution contributed to 1.2 million deaths in 2010.

At the same time, very few Chinese children today are participating in moderate or vigorous physical activity outside of school, and the number of overweight and obese children in China

has more than doubled in the last 25 years.

Cardinal says children are particularly susceptible to adverse health impacts from both short- and long-term exposure to air pollution, in part because they have higher rates of respiration and tend to take shallower breaths. Air pollution has been associated with increases in asthma, chronic cough, and other respiratory problems in children that are likely to be exacerbated by heavy breathing from vigorous exercise.

In their paper, Cardinal and Qi Si suggest the two problems should be addressed together in order to approach the competing challenges using four urgent steps for health officials and policymakers who are grappling with the issues:

1) Increase awareness among parents, children, health workers, educators, and policymakers on the causes and impacts of air pollution on children and adolescents, as well as the potential harm when coupled with outdoor physical activity

2) Add air quality systems at school sites, so pollution can be measured when and where children are engaging in physical activity

3) Adjust the intensity of outdoor physical activity during the school day on the basis of air pollution monitoring results

4) Educate children about exercising in polluted environments, including instruction to stop activity when they notice problems such as coughing, chest tightness, or wheezing

"Since schools are the base for much of the physical activity of today's children, they are a critical piece in addressing both

issues," Cardinal said. "Monitoring the micro-climate at a school would provide better, more localized information for school officials making decisions about whether children should be outside exercising or at what level of intensity."

The goal of the authors is to get people thinking about the complex problems and real-world solutions, in the hope others build upon it to innovate appropriate solutions for addressing both problems.

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