

Gladstone student top para-athlete swimmer at State

Adin Williams, a sophomore at Gladstone High School, took first in both the 50 and 100-yard State freestyle swim competition with other para-athletes. Williams won both races and achieved a personal best time in the 100, shaving 7.19 seconds off last year's race.

Williams and his family were instrumental in lobbying the Oregon State Athletics and Activities Association [OSAA] for inclusion of disabled athletes in OSAA championship athletic contests for swimming and track and field. Williams competes in both.

PHOTO: Para-swimming champion Adin Williams poses with Gladstone High swim coach Jackie Holstrom after winning the 100-yard freestyle and achieving a personal best.

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Run to support scholarship for Gladstone High

This spring, a fun run is planned to raise scholarship funds for a passionate runner graduating from Gladstone High School. This is the 29th annual run to honor the memory of Gladstone School District employee Winterhawk Semler, a groundskeeper and courier who loved running. Semler died in a car crash in 1987.

The event, at Gladstone's Dick Baker Stadium, will take place at 8 a.m. on Saturday, June 3. The format is for student and adult teams of five, with each person running or walking for 30 minutes in succession, and the final person running for 40 minutes. In addition, a solo walk event is included, with individuals walking the full 2 hours and 40 minutes.

To register, visit the event website at <https://hawkstrun.racedirector.com/>. Registration costs \$200 per running team or \$45 per walker for those who register by May 23, with a \$25 discount for student teams. Those who don't participate but want to donate to the scholarship fund can do so at <https://hawkstrun.racedirector.com/donate>.

"Winterhawk left his mark on the campus at Kraxberger Middle School, where he designed, planned, and built a running trail around the school," said retired Kraxberger Principal Nancy Bailey. "Hawk lives on, too, in the cross country and track participants from Gladstone High School. Since 1988, this event has provided \$26,400 in scholarships to 28 graduates of Gladstone High School."

PHOTO: Winterhawk Semler, a groundskeeper at Kraxberger Middle School, left a legacy for Gladstone runners by creating a jogging trail around the school. The 29th annual run to honor his memory will raise funds for a college scholarship.

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Oregon Symphony musicians visit Gladstone school

This week a brass quintet from the Oregon Symphony performed for students at John Wetten.

The musicians played several pieces and also took time to talk to the kids about how brass instruments work, and the history and special traits of the tuba, the slide trombone, the trumpet, and the French horn.

“Our hope is that this experience will lead more students to join the band in middle school,” said Vice Principal Jerry Applebee. “We are so grateful to district partner Jeff Heatherington, President and CEO of FamilyCare Health. As an Oregon Symphony Board member, he makes sure that each year John Wetten students get a special visit from Oregon Symphony musicians.”

PHOTO: Gladstone elementary students were excited to learn about brass instruments from Oregon Symphony performers who visited the school.

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PHOTO: Principal Wendy Wilson dressed as the Cat in the Hat for the Everybody Reads Day celebration at John Wetten Elementary. Celebrity guest readers at the event included Timber Joey, Miss Oregon, and Gladstone Mayor Tammy Stempel.

PHOTO: On Everybody Reads Day, each Gladstone first and second grader got to choose a free book donated by The Clackamas Bookshelf. The annual event on the birthday of Dr. Seuss encourages children to read.

PHOTO: Eighth graders from Kraxberger Middle School had a chance to tour the State Capital and learn how state government works. State Senator Alan Olson sponsored the trip.

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Gladstone Food Pantry plans cooking demo

Those wanting to boost their nutrition or seeking a new dish for their next potluck are invited to a free cooking demonstration at the Gladstone Food Pantry. This month chef Stephanie Kurzenhauser will prepare sweet and savory brown rice salad. Besides a free taste, attendees will be provided with the recipe, nutrition information, and ingredients to make the dish at home.

The event is planned for 10 a.m. on Saturday, March 18 at the Gladstone Food Pantry, located on the north side of the Gladstone High School campus off Nelson Lane. Attendees

can take the opportunity to choose foods for their family, ask about volunteer opportunities, or make a food donation to the pantry.

PHOTO: Professional nutritionist Stephanie Kurzenhauser does cooking demonstrations for the Gladstone Food Pantry thanks to a healthy living grant from Clackamas County.