

Tualatin Teen Continues Recovery from Snowboarding Accident



strength and abundant sense of humor. From nurses to respiratory therapists to doctors, the staff of the hospital have all been impressed with Gabe's positive attitude and determination. They also enjoy stopping by Gabe's room to watch the Blazers, or to watch a comedy from Gabe's collection of videos.

Gabe's hospital room is filled with pictures, drawings and cards from friends and classmates. Some of them share Gabe's odd sense of humor, plastering his walls with posters of Twilight and Justin Beiber (hint: Gabe is not a fan). He especially enjoys visiting with friends whenever possible.

The family is very grateful for the support the community has shown, from the Team GABE Facebook page to the fundraisers currently being organized to help fund special equipment and offset care. Team GABE bracelets are available at Cheer Me

SUBMITTED BY: LINDY HUGHES

Many of your readers have asked for an update on a story we published last month about Gabe Karapondo, a junior at Tualatin High School. Gabe was seriously injured on February 21st at Mount Hood Meadows in a snowboarding accident. He sustained an injury to his spinal cord, requiring surgery. Since then, Gabe has been recovering at Emanuel Legacy Hospital.



While Gabe currently has limited mobility from the chest down, he is working hard to gain back as much as he possibly can. He has daily workouts in physical therapy as well as occupational therapy; his therapists are pleased with his progress and inspired by his commitment. Though the work is difficult and exhausting, Gabe is determined to make the most of every opportunity to gain muscle strength and control. His parents are proud of his

Up Coffee and TuHS, and a T-shirt logo has just been designed by Tualatin Junior Kenny Osborn. Also, a wine tasting and silent auction has been scheduled at the Heritage Center for May 26th. If you'd like more information, visit the Team Gabe Facebook page or send an email to teamgabe2011@yahoo.com.

Two Timberwolf Grads Go Nutty For Peanut Butter



a national food blog called katheats.com, which resulted in several hundred orders.

All of a sudden, a Friday afternoon's craving for PB and celery had turned into some upper level business courses on getting their commercial kitchen certified, packaging and labels, inventory control, applying for a business name, insurance, shipping, customer service, deadlines, etc.

This might seem daunting to some, but these two take it all in stride. Erika is in

SUBMITTED BY: JEFF WELSH

What do you do when you're sitting around your college apartment and can't find any peanut butter? Well, you start a company, of course. Erika Welsh and Keeley Tillotson (2009 TuHS grads) did just that.



They hauled out the food processor and began experimenting with ingredients such as chocolate, sunflower seeds, coffee, coconut, cinnamon, honey, raisins, even pretzels. Soon their informal taste tests expanded beyond the apartment and they were carrying samples all over campus for their friends to try. And Flying Squirrel Peanut Butter was born.

Things have happened pretty fast for the two young CEO's. Early in February, they were interviewed by the Oregon Daily Emerald, the UO campus newspaper. Then a journalism student made a video about them and posted it on YouTube. Then they were featured in

environmental studies and Spanish major + being on the UO rowing team. Keeley is a journalism major, art minor + being on the UO triathlon team. Both had busy schedules before Flying Squirrel and now even more so.



It's fun to see their eager and optimistic attitudes about being in business. The future is Bright - Eyed & Bushy - Tailed. Upcoming events for the Squirrels: the U of O street fair in May, Eugene's Saturday Market and getting their PB into a grocery store.

You can get more information and order any of their 5 flavors at: www.flyingsquirrelpeanutbutter.com

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