



Sport Talk

by Ron Sykes, Sports Editor

The NBA's second season is more than underway. There are only four teams left since play began back in April. And when the smoke finally clears somewhere in the month of June, only one team will be able to call themselves world champions. And again, it will not be the team that won last year (Philly).

In fact, it's been more than a decade since any team was able to win back to back titles. The last to do so was the Boston Celtics in the mid-sixties. The NBA's final four is comprised of the Boston Celtics and Milwaukee Bucks representing the east, while the LA Lakers and Phoenix Suns are in it for the west.

The Boston vs. Milwaukee series should be the best. Remember the Bucks humiliated Boston last year beating the proud Celts 4-0 in the Eastern semi-finals. But this is another year. The Celts made changes. They hired K.C. Jones to replace Bill Fitch, replaced Tiny Archibald, putting him on waivers, and got all-pro defensive guard Dennis Johnson in a trade with Phoenix. Johnson has supplied the glue that the Celts so badly needed in the back court. Rick Robey, who left Boston in the Johnson trade has found things much tougher in Phoenix.

Robey has seen little playing time behind Aylam Adams and starter James Edwards. Robey is averaging 3.3 ppg and 2.1 rebounds. The Celts

posted the NBA's best record at 62-20 and are waiting to revenge last year's defeat. Milwaukee, in turn, has regained the services of Harvey Catchings who missed all of this year's play off games due to a leg injury. Catchings is the team's second leading rebounder and plays a vital part of their overall team defense. Catchings is a definite plus for the Bucks.

Boston's strength lies in their big front line. Cornbread Maxwell, 6'7", is the starter at forward but Jones will call on Kevin McHale, 6'10", somewhere in the first quarter. Boston usually gains an advantage, playing McHale and Bird.

Milwaukee, however, will be able to bring on the 6'11" Catching to negate Mr. McHale. Larry Bird is near unstoppable but Marcus Johnson has the speed to deny Bird the ball. Milwaukee has one of the biggest, no the biggest team in the NBA. They go with Johnson, Alton Lister, 6'11" and Bob Lanier at 6'11". In last year's sweep of the Celts, the Buck front line virtually shut down Boston. If this happens this year, then Milwaukee will advance. Boston's guards, Johnson and Henderson must be able to hit the outside jumper in order to keep Milwaukee's defense honest. Milwaukee will challenge Johnson's outside shot from the beginning. If Dennis can get off outside then Boston's stock will soar. In the past,

D.J. has opted to drive inside. If that happens, he will have a tough time. Neither Boston nor Milwaukee's bench is anything to talk about. Boston has McHale, while Milwaukee brings on Junior Bridgeman. After that, there's little else to talk about. This should be a good series.

Despite the Celtic great season record, the Bucks are not to be taken lightly. This one is rated a toss up. Out west, however, it will be a different story. The Lakers are the deepest team in basketball today.

The Suns are given little chance against the high flying Lakers. Team speed is a glaring Sun weakness. The Suns' start Kyle Macy, then bring on the veteran, Paul Westphal, in the back court.

Both of these players would have difficulty beating a turtle down court. LA's game plan will be to run these guys into the woodwork. Coach John Macleod says the insertion of Kyle Macy into the starting line up is what "turned the season around." Well, with Macy in against the Lakers, the Sun season will be turned off. The Laker guards, McGee, Byron Scott and Magic Johnson are both bigger and quicker than Macy. That will make it even more difficult for the Suns with Worthy and McAdoo coming off the bench. When Phoenix lost D.J., they lost a valuable commodity. The reason for the success

in Phoenix is not Kyle Macy, but the heroics of one Walter Davis. It's surprising that Macleod doesn't give Davis the credit he so richly deserves. When the going gets tough for the Suns, it's Davis hitting shot after shot.



It was Davis that beat Portland. And it was Davis that tried to rally the Suns Saturday in LA. The Suns' strength is Walter Davis. It is he they go to when a crucial basket is needed. The Lakers' arsenal is so vast that almost anyone available can be counted on in crunch time. And isn't Kareem Abdul-Jabbar amazing? In a world of change this man is so constant. Let's see now, is he 37 or going on 27? Well, no matter the chronological age, the man still plays a good game. And kudos for Jamaal Wilkes who has finally gotten over his intestinal problems. Wilkes missed the last six weeks of the season and the first play off series due to his illness. His game is still a long way off, but it's good to see the smooth one back in uniform.

Dietary changes can fight heart disease

Heart disease is responsible for over a half million deaths each year in the United States. As with many of the degenerative diseases, we often contribute to the development and severity of heart disease through poor diet, inactivity, stress and unhealthy live styles. Cardiovascular disease generally occurs as a slow process, with much of the degeneration occurring before symptoms warn us of our weakened condition. Due to the insidious nature of cardiovascular disease and its alarming prevalence in our population, we would be wise as individuals to embrace habits directed at optimizing our cardiovascular health.

Most people are aware of the benefits of exercise for heart and circulatory health. Yet, many people still don't exercise regularly or, worse yet, swing from periods of inactivity to extremely rigorous programs. Cardiovascular conditioning takes time, be patient, and increase your program gradually. Choose activities suited to your physical ability. For some of us, walking may be the best beginning exercise. It is better to start slowly than to risk damaging your heart with activities beyond your current physical abilities.

Diet plays a major role in the status of our cardiovascular health. Strong correlations exist between heart disease and high dietary intake of fat, red meat and sugar. Likewise low dietary fiber also contributes to an increased incidence of heart disease. A diet high in raw vegetables, whole grains and cereals, and fiber, with a decrease in overall fat and simple sugars would be a good starting place for most people.

In addition to general dietary changes, there are many dietary supplements that can benefit cardiovascular health. Vitamins E, B₆, and Niacin all have functions related to cardiovascular activities. Magnesium and Calcium are the 2 major minerals associated with heart rhythm and contraction. Selenium, a trace mineral, is needed for Vitamin E to be utilized in one of its major roles.

Supplementation with specific foods can also help maintain cardiovascular health. Garlic and

onions help regulate serum lipoproteins and may decrease the atherosclerotic process. Salmon and other fish high in E.P.A. (a fatty acid) help prevent atherosclerosis. Lecithin, a major component of bile, aids in the elimination of cholesterol, as do alfalfa sprouts.

An article on preventative care for the heart must comment on the use of cigarettes, coffee, alcohol and birth control pills. All of these substances have been correlated with increases in heart disease. If we are going to choose to use any or all of these substances, we can at least strive toward moderation and whenever possible help to minimize the harm caused by them. In the case of cigarettes, increase the Beta-carotene and/or Vitamin A in your diet. If you use birth control pills or estrogen replacement therapy, additional Vitamin E and B₆ are needed.

If we begin today to incorporate dietary changes, life style and exercise programs, we may well avoid becoming the statistics of tomorrow.

This article courtesy of the Northwest Naturopathic Clinic.



Emergency Food Program Director, Audrey L. Saunders, supplies a nutritious food supplement to Cleo Hart. Families are referred to the Emergency Food Program by the Urban League and the Multi-Service Center. More than 49 percent of the people they serve are there due to late, lost or insufficient food stamps. On Friday, May 18th and Sunday May 20th, a benefit concert will be held to raise money. Saunders urges the community to attend. For information, call 284-5470. (Photo: Richard J. Brown)

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ADVERTISEMENT FOR BIDS

Request for Proposals

Notice is hereby given that the Tri-County Metropolitan Transportation District of Oregon (Tri-Met) will receive proposals at the times set forth below in the Contracts and Legal Services Section, Third Floor, 4012 SE 17th Avenue, Portland, Oregon 97202, Attention: John R. Post, Director, Engineering and Contracts. The Request for Proposals are for:

Plastic Bus Display Racks; 4:00 p.m., June 1, 1984, RFP No. 84-834N

Licensed Retail, Concessions and Maintenance for Banfield Light Rail Stations, Other Transit Centers, and the Portland Mall; 4:00 p.m., June 15, 1984, RFP No. 84-833N

The successful proposer shall be required to comply with all the applicable Equal Opportunity and MBE laws and regulations.

All proposers shall be required to certify that they are not on the Comptroller General's list of ineligible contractors.

The Tri-County Metropolitan Transportation District of Oregon does not discriminate with regard to race, color, creed, sex, or national origin.

The Requests for Proposals may be obtained from the Contracts and Legal Services Section, Phone: (503) 239-6466.

TRI-COUNTY METROPOLITAN TRANSPORTATION
DISTRICT OF OREGON

John R. Post, Director
Engineering and Contracts

Date: May 1, 1984

Advertisement for Bids

Sealed bids will be received by the Oregon State Board of Higher Education in Administrative Services Building, B100, Oregon State University, Corvallis, Oregon until 2:00 p.m., PDT, June 12, 1984, for the McAlexander Fieldhouse, Memorial Union Building, Nash Hall, Navy ROTC Building, and Women's Building Re-Roofing project located on the campus of Oregon State University, Corvallis, Oregon. Bids will be opened and publicly read aloud in the Administrative Services Building "A", Room A110 by the Undersigned or his designated representative.

The project consists of furnishing all labor, material, equipment, superintendence and doing all work to do the following:

General construction and re-roofing approximately 43,000 sq. ft. of roof area on **McAlexander Fieldhouse**, including but not limited to tear-off of existing metal, partial purlin replacement, purlin repair, insulation, sheathing, painting and elastic sheet roofing system all in strict accordance with the drawings and specifications.

General construction and re-roofing approximately 22,000 sq. ft. of roof area on the **Memorial Union Building**, including but not limited to tear-off of existing shingles, new metal framing, sheathing, new standard seam copper roofing and repairs and small areas of flat roof replacement all in strict accordance with the drawings and specifications.

Re-roofing approximately 16,000 sq. ft. of roof area on **Nash Hall**, including but not limited to partial tear-off with substrate replacement with a new light weight inverted roof assembly and mechanically attached elastic sheet membrane system all in strict accordance with the drawings and specifications.

Re-roofing approximately 13,000 sq. ft. of roof area on the **Navy ROTC Building**, and a new mechanically attached elastic sheet membrane assembly all in strict accordance with the drawings and specifications.

Re-roofing and roofing repairs on approximately 9,000 sq. ft. of concrete and clay tile roof area on the **Women's Building**, including but not limited to cleaning, patching, new tile areas, small flat roof replacement areas, railings, quarry tile and related work in strict accordance with the drawings and specifications.

Separate bids will be received on a lump-sum basis for each of five buildings as well as for an optional bid for all of the work shown on the Drawings and described in the Specifications. One set of plans, specifications and forms of contract documents may be obtained from the Physical Plant, Oregon State University, 606 SW 15th Street, Corvallis, Oregon 97331 (phone number 754-4921) by prime bidders only upon deposit of \$50.00. Additional sets may be obtained for the cost of reproduction. Subcontractors and others may purchase a set of plans and specifications for \$15.00.

Drawings, specifications and forms of contract documents may be examined at the Oregon State University Physical Plant, as well as at the following locations: Builders Exchange Cooperative, 1125 S.E. Madison Street, Portland, Oregon; Eugene Builders Exchange Corporation, 145 E. 29th Avenue, Eugene, Oregon; Northwest Plan Center, 901 S.E. Oak, Suite 208, Portland, Oregon; Salem Contractors Exchange, 2256 Judson, S.E., Salem, Oregon; Construction Data Plan Center, 925 N.W. 12th, Portland, Oregon; Impact Business Consultants, 8959 S.W. Barbur Blvd., Portland, Oregon; National Business League-Oregon Chapter, c/o CSS & Associates, 310 S.W. 4th, Portland, Oregon; and Central Oregon Builders Exchange, 1225 N.E. 3rd Street, Bend, Oregon.

Deposits made upon procurement of drawings, specifications and forms of contract documents will be refunded upon return thereof in good condition by actual bidders within two weeks after opening of bids, but to nonbidders only if returned no later than the day of the bid opening.

Bidders for this Roofing Work are required to be prequalified in accordance with the Oregon State Board of Higher Education's administrative rule. Applications for prequalification (or notice of intent to bid if the contractor has a current prequalification application on file with the Undersigned) must be received at least ten (10) days prior to the bid opening.

All bids must contain a statement assuring compliance with ORS 279.350 relating to prevailing rates of wage.

No bid will be considered unless fully completed in the manner provided in the "Instructions to Bidders" upon the Bid Form provided and accompanied by Bid Security executed in favor of the State of Oregon and the Oregon State Board of Higher Education in an amount equal to ten (10) percent of the total amount of the bid, to be forfeited as fixed and liquidated damages should the bidder neglect or refuse to enter into a contract and provide suitable Bond for the faithful performance of the work in the event the contract is awarded to the bidder.

The Oregon State Board of Higher Education reserves the right to reject all bids and to waive all informalities.

No bidder may withdraw a bid after the hour set for the opening thereof until after the elapse of thirty (30) days from the bid opening.

OREGON STATE BOARD OF HIGHER EDUCATION

By: J.I. Hunderup
Vice Chancellor for Facilities Planning