


SPORTS

HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY

HAPPY 40th BIRTHDAY CHUCK



Chuck Washington is an avid golf player and participates in many youth activities in the community

HAPPY BIRTHDAY from your family and friends

HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY

North Portlanders Sought For Enhancement Committee

The Metropolitan Service District is looking for residents of North Portland to fill vacancy on the North Portland Enhancement Committee. The appointee will fill the unexpired term of Michael Vernon, who resigned in November. The term runs through December 1992.

The seven-member committee, established in 1987, makes recommendations how to spend the money generated from a 50-cent-per-ton surcharge on disposal of garbage at the St. Johns Landfill. The next round of fundings begins in the spring.

committee members must live in the North Portland enhancement area between the Willamette and Columbia rivers and between Interstate 5 and Interstate 405. Neighborhoods include St. Johns, Cathedral Park, Portsmouth, University Park, Kenton, Arbor Lodge and Overlook.

The deadline is Jan. 10. Applications are available at the Peninsula Neighbors Office, 2410 N. Lombard, or at Metro Center, 200 SW First Ave. Questions should be directed to Katie Dowdall, Metro's community enhancement coordinator.

Lifeguard Course Set

Portland Parks and Recreation presents a National Pool and Waterpark Lifeguard course, December 26, 27, and December 30, at Metropolitan Learning Center Seim Pool, 2300 NW Glesian. Participants in the course must be at least fifteen years of age.

After completion of the course, participants will receive a lifeguard certificate for the state of Oregon.

Those who qualify also will be considered for Portland Parks summer lifeguard positions. Starting salary for lifeguards in the summer of 1992 will be \$5.75 an hour.

Cost of the course is \$60. To register or for more information call the poll at 823-3669.

Mike Shimensky Blazer MVP In December



Mike Shimensky, trainer for the Portland Trail Blazers.

BY BILL BARBER

Mike Shimensky has to be the players choice for MVP this month. If you aren't an avid Portland Trail Blazer fan you are probably saying: Who is Mike Shimensky?

Mike Shimensky is the trainer for the Portland Trail Blazers. Shimensky is probably one of the busiest men in the NBA right now. Mike may not be the Most Valuable Player on the Trail Blazers but this December a lot of the basketball stars would award him the Most Valuable Person Award. December has been an unusually "physical" month for the home town team. Several players on the team have been banged up in one form or another. Blazer fans have not heard much from Ennis Whatley who is on the mend with a fractured ankle. Nor have they had the opportunity to watch Lamont Strothers who has been hampered with back spasms. Both men have been on the disabled list since Oct. 31.

Kevin Duckworth, had to leave the Timberwolves in the third quarter with a sprained ankle. Since Kevin Duck-

worth is not bothered by the painful groin pull that Shimensky was treating, Portland fans are starting to see the "old Duck" they remember. In the Monday night game against the Minnesota Timberwolves, he had led the team in scoring and rebounds after the first quarter, and it looked like another 20 point night was in store. Then it happened. Duckworth had to leave the game with a sprained ankle. You could see the pain registered on Duckworth's face from the top row of the coliseum. Duck was done for the night. "Magic Mike" went to work in the locker room. By the end of the game the treatment was halted and Kevin Duckworth left the coliseum under his own power with just a hint of tenderness in his right ankle.

The list of injured players on the Trail Blazers is only marginally shorter than the "healthy list." Terry Porter has a mild sprain on his left ankle. Jerome Kersey has been dealing with a sprained right ankle for weeks. Danny Ainge is still troubled by a right knee strain and don't forget the Blazers still

have two fine ballplayers on the injured reserved list yet to be heard from. Ennis Whatley and Lamont Strothers were both placed on injured reserved back on Oct. 31. Whatley had a fractured right ankle and Strothers was sidelined with back spasms. "The players are all great about the treatments. They show up on time for our therapy sessions and follow the treatment regimens. Their pros. They want to play.

He doesn't like to take credit for keeping the Blazers physically able to play. Mike will tell you, "the players are such fine young athletes and in such excellent physical shape the healing process is greatly accelerated. Conditioning is an important part of the Blazers Training program," he continued. "At the Trail Blazers, if a player does not play at least 20 minutes during the game, they have to do a conditioning workout after the game, before they go home. They usually have their choice of the Stairmaster, treadmill or the stationary bicycle."

Mike had some advice to kids who play sports when they get injured. "Ice down an injury as soon as possible. You can repeat the icing process several times, but only about 20 minutes at a time. "You get that advice from one of the best in the business.

In the sports world, a lot of praise is slashed around to an awful lot of people. It's part of the game. Mike Shimensky lets compliments about his work roll off his back like the proverbial water on a ducks back. Shimensky is in a position we would all like to be in. He likes his job he is good at it and he likes the people he works with. They respect his ability. That's about as much as the average man can expect out of life. That's more than most of us get. He seems to prefer to stay out of the lime light. Next time you are at a Portland Trail Blazers game give Mike a "Thumbs up." He'll probably be too busy working on someone to talk...but he'll know, that you know he is an MVP.


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News From The King Neighborhood Association

NEW Business

1. As you may know, several residents of N/NE Portland have been affected by the Dominion Capitol Issue, a very large number within King Neighborhood. Many may lose their homes that they have invested large amounts of money in. Approximately 20 of these residents have united to file a lawsuit against Dominion Capitol. However, there is a shortage of funds required for retainer fees on a contingency basis for lawyers. They are asking for our help. King Neighborhood has donated \$150 along with letters of support. If you would like to make a donation, contributions can be sent to:

Nick Albecht, Attorney
Roger Tillbery, Attorney
C/O Dominion Capitol Case
1123 SW Yamhill
Portland, Oregon 97205

If you have further questions, please contact Brad & Wendy Peters, 257-0492.

2. CITIZENS TO RETAIN NORTH PRECINCT

Clarice White, Chair addressed the King Neighborhood Association and asked for support for their proposal in which they are advocating to take a portion of North Precinct and a portion of East Precinct and redraw the bounda-

ries to use the MLK Neighborhood Board voted unanimously to support their proposal.

For more information, contact Clarice White 289-5187.

Rodney Gets New Streetlights!
NE Rodney Avenue will get a new streetlight just North of Alberta. This is being accomplished thanks to neighbors bringing this and other concerns to our attention. Also, for those on Rodney near Emerson, you won't be in the dark too long either. A broken light will be replaced in the next few weeks also. Once again, we are here to enhance our neighborhood. We have been able to make changes due to residents calling in their concerns if you have concerns you would investigated, please contact Jeanine Claar, Enhancement Committee Chair, 281-9005.

Cars Parked On Curbs

To date King Neighborhood Association has had 41 parking citations issued to vehicles parked on curbs within our boundaries. These citations range from \$16-\$24 each. Please park on streets or in driveways. You will not only be avoiding citations, but also helping to make our streets safer and more appealing by slowing traffic down, which is one of the goals for the Enhancement Committee.

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Drawing Need A Car?

For a \$3.00 donation to Community Care you could be in a drawing to receive a like new 1971 Oldsmobile in good condition; everything works, interior like new, and in the process you will be helping Community Care pay outstanding bills.

Community Care needs food and Money; won't you please help us help the community.

Please bring all your donations to *The Portland Observer* at 4747 NE Martin Luther King, Jr. Blvd and receive your ticket. Just think -- a car for \$3.00!

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