

SPORTS

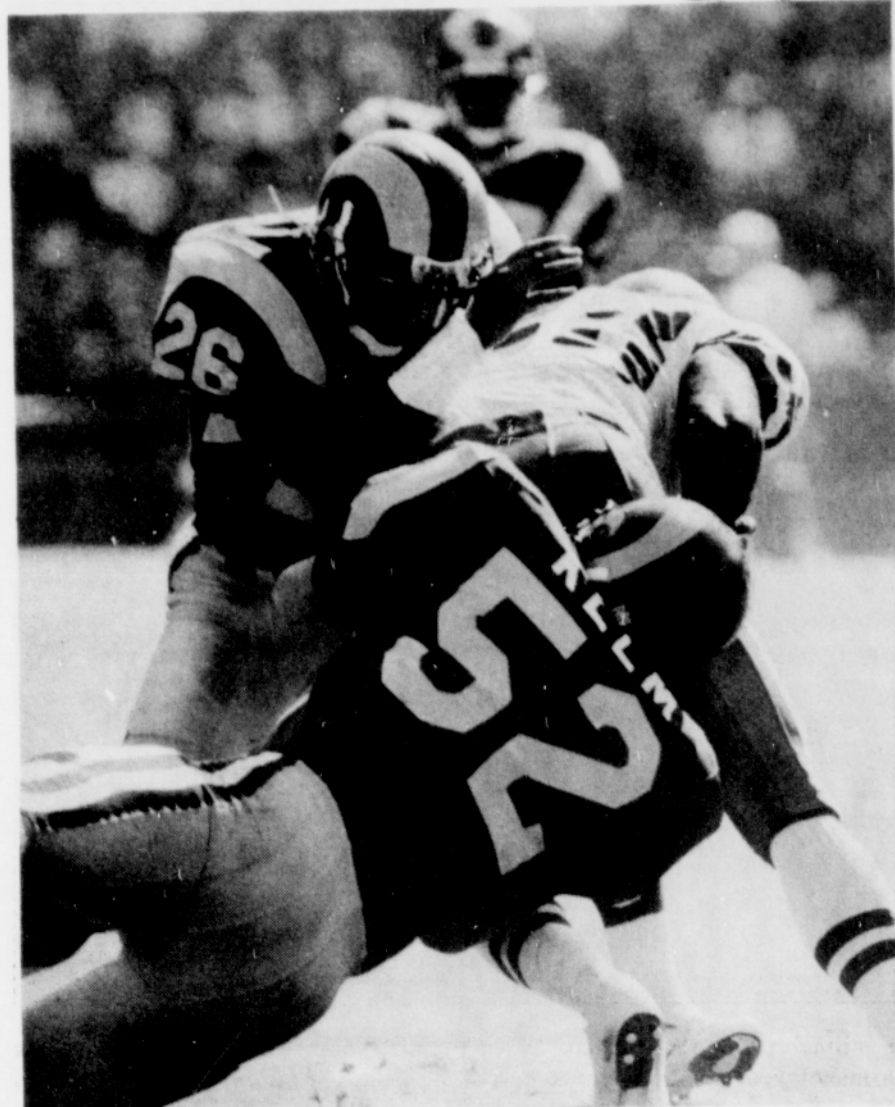


photo by Veronica Green

Former Beaverton High School and U of O star #26 Anthony Newmen and #52 Larry Keln of the Rams tackle Jets' receiver Al Toon. The Rams beat the Jets 18 to 10 in Anaheim last Sunday. Anthony Newmen has been with the Rams since 1988 when he was drafted in the second round.

Blazers Showcase New And Returning Talent At Intrasquad Game

The Portland Trail Blazers will make its first appearance of the 1992-93 season at its annual intrasquad game, Monday, Oct. 12, 7:30 p.m., in Portland's Memorial Coliseum. The game will showcase the exciting blend of new talent and the returning veterans who captured the Western Conference Championship and advanced to the National Basketball Association finals.

"To make this a family event, we've made tickets affordable for everyone," emphasized Jerry Gatto, athletic development director and event chair.

"This is your chance to see the new Trail Blazers team in action before the season begins," he added. "It also is an outstanding opportunity to participate in a community event and to support

opportunities for students to further their education at a quality institution."

Proceeds will benefit the High Five Scholarship Drive at Lewis & Clark College.

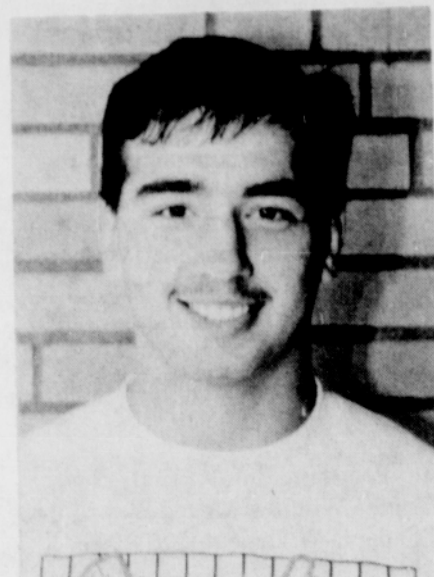
A bonus feature will be a special half-time celebrity three-point contest featuring local media personalities.

Tickets are priced at \$5.50, \$9.50 and \$16. Purchase tickets at all Ticket Master outlets, including G.I. Joe's, Memorial Coliseum,

Civic Stadium, Portland Center for the Performing Arts, and Blazers on Broadway.

For ticket order information, call 224-4400 within Portland area or 1-800-745-0888 inside Oregon. For special group packages, call Lewis & Clark College at (503) 768-7060.

The Observer Player Of The Week



BY JOHN PHILLIPS

This week's Observer Player of the Week is Tom Stewart of Marshall High School.

Stewart, a senior, is 5'10", and tips the scales at 195 pounds. He carried the ball 36 times for a 5.3 yards per carry. He had touchdown runs of 4,3,3 and 1 yards in a 26-0 shutout win over the Benson Techmen.

Nicknamed "Touchdown Tommy" by teammates, Stewart has led the Minutemen to a 3-0 record.

Minutemen On Time With Win Over Benson

BY JOHN PHILLIPS

Led by "Touchdown Tommy," Marshall rolled over once hailed Benson 26-0. Tom Stewart ran for 190 yards and four touchdowns, while the Minutemen defense caused five Techmen turnovers and shutout Benson for the first time in six years.

The win left Marshall 3-0 on the season, and the only unbeaten team in the PIL. Wilson and Benson were pre-season favorites. Both have now lost to the mighty Minutemen. Marshall plays at winless Roosevelt on Friday afternoon at 4 p.m. and should remain with a perfect record.

Other PIL Action

Cleveland just got by a much improved Roosevelt 14-13. Roosevelt will win a game in the PIL this year.

Franklin shut out Grant 25-0, as Derrick Brame ran for two touchdowns. Madison got back on the winning track with a 14-0 win over Lincoln. And Wilson came back from a 12-6 half time score to win at home over Jefferson 27-18.

Next Week's Games

Lincoln at Cleveland at 4 p.m.; Franklin will play at Madison, and in two games at Civic Stadium. Grant and Jefferson play at 6 p.m., and Wilson and Benson do battle at 8 p.m.

Dishman Pool Is Now Open Dishman Community Center

Portland Parks and Recreation is proud to open the new indoor swim pool at Dishman Community Center, 77 N.E. Knott. The pool is a 6-lane, 25 yard by 25 yard L-shaped pool with a shallow teaching bay and 1-meter diving board. The aquatic facility also includes a 9-person whirlpool, a spectator balcony, locker rooms, and family changing rooms. Dishman Pool is open 7 days per week.

Fall Aquatics programs at Dishman Community Center Pool are now underway. Programs include Water Exercise Class, Junior Lifeguard Program, Adult Lap Swim, Parent/Preschooler Swim, Public Recreational Swim, Fam-

ily Recreational Swim, and Teen Swim, as well as swim lessons for all ages. Registration for swim lessons is available at Dishman Community Center, or by calling 823-3673. The pool is also available for rental-call the pool for information.

The pool was completed in Phase I of the Dishman Community Center renovation, funded by the 1989 Parks Improvement Levy and a grant from Nike, Inc. A Grand Opening and Community Celebration - "Dishman Splash" - will be held Friday, October 9, beginning at 6:00 p.m., with free swimming, refreshments, games, and dancing-more information to follow.

Volunteer Tutors Needed At Whitney Young After School Program

The Urban League of Portland's Whitney M. Young, Jr. Education and Cultural Center is in need of tutors who can volunteer to spend several hours a week helping students with their homework after school.

The Center Offers free tutorial assistance and educational resources to students in grades 6 through sophomore in college and to other residents of North and Northeast Portland. More than 75 students have enrolled at the Center since the new school year began. Students are being placed on a waiting list until more tutors can be found.

The Center is located at 10 N. Russell Street and is open from 3 to 8 p.m. Monday through Thursday.

Interested individuals should contact Herman Lessard, Jr. at the Urban League of Portland, 280-2600.

They'll Say
"WOW,
HOW'D
YOU DO
THAT?"
And
You'll Say
"Weight
Watchers."

Join any class anytime

Right now you can join Weight Watchers and get a really incredible deal. You'll learn how to eat right. Lose weight. Then before you know it, you're the best you've ever looked. So call Weight Watchers today. And get prepared to handle a whole lot of compliments.

Weight Watchers.

YOU'VE GOT IT IN YOU TO GET IT OFF YOU.SM

Call Collect
(503) 297-1021
Weekdays 8:30 am to 5:00pm

As people vary so does individual weight loss. © 1992 Weight Watchers International, Inc., owner of the registered trademark. All rights reserved

Tillamook Park Bldg.
2108 NE 41st Ave.
Mon. 7:00pm
Tues. 7:00pm
Wed. 9:30am 5:00pm
Thurs. 7:00pm
Fri. 9:30am

Temple Baptist Church
1319 NE 7th
Fireside Room
Tuesday
12:15pm

Maranatha Church
4222 NE 12th
(Enter Skidmore)
Sat. 9:30

Nationwide Insurance
919 NE 19th Ave.
Wed.
11:30am

East Stark Bldg.
12790 SE Stark
Mon. 7:00pm
Tues. 9:30am 7:00pm
Wed. 9:30am 7:00pm
Thurs. 9:30am 5:00pm
Sat. 9:30am 7:00pm

Emanuel Hospital
2600 NE Gantenbein
Monday
11:00pm

Nobody Does It Better For Less...

Ad Prices Good September 30 Through October 6, 1992 At Safeway.

RACE For The CURE

5K and 1 Mile RUN / WALK

SUNDAY OCTOBER 11, 1992
8:30 AM - NOON, WATERFRONT PARK, PORTLAND, OREGON
A community event with a mission, The Cure & Control Of Breast Cancer.

This is an opportunity for women of all ages, sizes, shapes and colors to join together and make their voices heard for a cause that is truly personal, the 5K has been designated for women only. This race is being presented to benefit the Susan G. Komen Breast Cancer Foundation, which funds breast cancer research and promotes awareness, education and early detection of the disease. The Race 75% of the proceeds stays in the community to be used for local education & Mammography Programs. 25% of the proceeds will help ongoing national breast cancer research grants and the Breast Cancer Hotline 1-800-IM AWARE.

Registration and packet pickup from Sat. Sept. 26 thru Friday Oct. 9, 1992 noon at NORTHWEST FITNESS, PACE SETTER, ATHLETIC EAST, PHIDIPIDES (Lake Oswego & Salem), GORDON STONES, EUGENE ATHLETIC, RUN PRO (Eugene), SUPER JACK & JILL (Seattle).

OR CONTACT: Race For The Cure, Greater Portland Chapter, Susan G. Komen Breast Cancer Foundation, P.O. Box 1961, Lake Oswego, OR. 97035 (503) 295-8226



Flav-R-Pac Orange Juice
12-Ounce frozen concentrate.
A great thirst quencher, plus full of natural vitamin C.

59¢ Ea.

10-Lb. Bag Flour

Town House brand quality all-purpose flour, for all your baking needs.

\$1.38 Ea.

Oregon Grown Apples

Red or Golden Delicious, Criterion, Granny Smith, Rome, Melrose or Mutsu.

47¢ Lb.

WESTERN UNION

The Fastest Way To Send Money...Available In All Safeway stores in Oregon & S.W. Washington.

An Update On The Americans With Disabilities Act

An Update on the Americans with Disabilities Act," from the perspective of people with diabetes, is the topic of a free presentation Oct 15 from 7-8:30 p.m. at Good Samaritan Hospital & Medical Center's Peterson Hall, 2255 N. W. Northrup.

Diabetes is among the disabilities the Americans with Disabilities Act (ADA) protects against discrimination in employment, transportation, telecommunications and access to public and commercial facilities.

Speaking will be Beth-Karan Kaye, an attorney and expert on the ADA and other civil rights laws.

The presentation is sponsored by the Friends of the Diabetes Institute. For more information call Marjorie Petrovich at Good Samaritan's Diabetes Institute, 229-7209.

The Friends of the Diabetes Institute, an organization for people with diabetes, meets every other month to learn about new research and treatment advances, exchange helpful information about coping with the disease, and support the Diabetes Institute.

PORTLAND OBSERVER
"The Eyes and Ears of the Community"
Office: (503) 288-0033
Fax #: (503) 288-0015

And It Tastes Good, Too!

A series of natural foods nutrition and cooking classes in a hands-on, supportive environment.

Monday, October 5th 7-9 Philosophy Of Whole Foods Diet

- What is an optimal diet?
- Understanding the language of nutrition
- Reading labels
- Community resources
- Food Buying
- Restaurants
- Bibliography

Monday, October 12th 5:30-8:00 pm Diet In Transition

- Observation, not judgement
- Guidelines for optimal diet
- Goal Setting
- DINNER: Creativity with the basics

Saturday, October 17th 8:30-10:30 Breakfast & Natural Food Store Tour

- Eating Well From The Fast Lane
- Filling your pantry
- 30 minute meals
- DINNER: Peasant feast

Monday, October 26th 5:30-8pm Gluten & Dairy-Free Cooking

- What are food sensitivities?
 - Testing for food sensitivities
 - Alternatives to gluten and dairy
- DINNER: East Indian vegetarian
Where: Parent-Child Services Building, 909 NE 52nd (4 blocks North of Glisan), except Saturday, October, 17th which will be held at Food Front Cooperative Grocery, 2375 NW Thurman, Portland.

Cost: \$125 if pre-registered by Monday, September 29th (\$100 for Food Front members) \$140 if registered after Monday, September 29th (\$125 for Food Front members)

Teacher: Dr. Mary Scott, ND, LAc
Dr. Mary Scott is a Naturopathic physician and acupuncturist in private practice. She treats the root cause of illness with nutrition, western and Chinese herbs, acupuncture, homeopathy and stress management. She is also an accomplished natural foods chef.

Contact: Dr. Mary Scott, ND, LAc
2100 NE Broadway, Suite 3B, Portland, OR 97232 (503) 284-4311