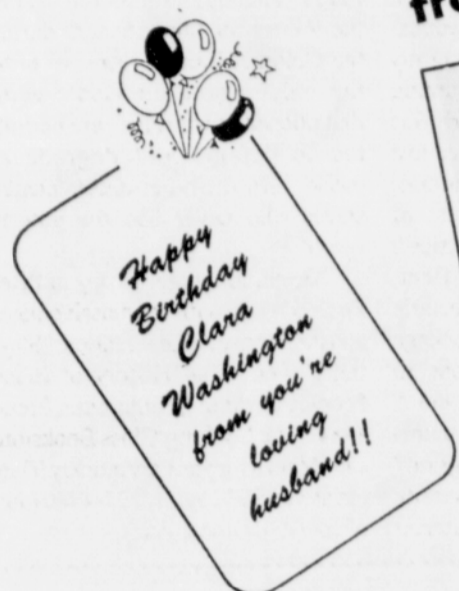


Happy Birthday

Happy Birthday
from your dad



13 years old
Shalanda Carr
Best Wish's From Friends And

Happy Birthday
to our loving
mom
Freida Murray
from your
family!!

Joyce Mable
Iva Larry
We Love You



Ryan Spaise
March 14

Happy Birthday
Love Sharee



DeMitrion
Rhone-Spears

Cellular One G.M. Named Senior V.P

Rich Begert has been promoted to Senior Vice president of McCaw Cellular Communications Inc. and Regional President for the company's Pacific Northwest/Rocky Mountain Region (Pac/Roc), which includes Alaska, Washington, Oregon, Idaho, Colorado, Utah and Minnesota. McCaw provides service throughout the region under the name Cellular One.

Begert will report directly to

James L. Barksdale, President and Chief Operating Officer of McCaw Cellular Communications Inc. He replaces Steve Hooper, who was promoted to Chief Financial Officer.

Begert has served as Cellular One's general manager for the Oregon/SW Washington region for the past five years. He joined McCaws in

1986 as the director of marketing programs for the Pac/Roc region. Prior to joining McCaw, Begert was with the Xerox Corporation for nine years.

He served on the Executive Committee of the Oregon Symphony Association Board of Directors, and on the Board of Directors of the Business Youth Exchange--a public/private sector partnership seeking to reduce the drop-out rate of high school students in the Portland area.

Begert also served on the Board of Directors of Tournament Golf foundation, Inc. (TGFI). TGFI produces the annual PING/Cellular One LPGA Golf Championship, the second largest charitable fund-raiser in the state, which contributed more than one-half million dollars to children's charities in 1992.

Free Women's Career Workshop

Imagine...Loving Your Work! Do the words love and work seem to contradict each other in your mind? Do you have considerable trouble even liking your work? Are you looking for a career change or returning to the job market? Do you know what direction to take and where your career is going?

On Saturday, April 3, 1993, Marti Chaney, speaker, author and consultant in the career and human resource fields, will present a free Women's Career Workshop which will address these issues.

Over 130 women attended Marti's January Free Women's Career Day Seminar at the Portland Building. Because of the public's overwhelming response to the first workshop, Marti has decided to offer another free workshop. It will be held at the Downtown Branch of the Multnomah County Library, 801 SW 10th Street, in Room "B" from 1:00pm to 5:00pm

Free Contact Lenses

Available Through Study
For more information, contact:
Steven Fletcher, Director of Community relations (503) 224-2323

Clean Air Bus Hits Streets

Tri-Met and Northwest Natural Gas Company today unveiled the nation's first bus manufactured to run exclusively on liquefied natural gas (LNG).

Tri-Met's two new LNG buses began serving customers Friday, March 12th, on routes throughout the metropolitan area.

State Senators Bill McCoy and Grattan Kerans, who co-sponsored Senate Bill 766 in 1991 encouraging purchase new LNG buses, greeted attendees on the brilliantly painted bus at the Capitol steps in Salem. The bill encourages transit agencies to explore alternative fuels to help keep the air clean.

On board were Sellwood Middle School students who have prepared environmentally oriented artwork for the bus interiors. Specially painted

bus exteriors, sporting a clean air theme, were composed by Portland artists.

"As more people move to Oregon, they bring more cars, threatening our clean air," said Bob Post, Tri-Met deputy general manager. "Tri-Met is looking for new ways to move people and keep our air clean--electric MAX trains, accommodations for bikes on Tri-Met, more carpooling and compressed natural gas minibuses. Liquefied natural gas buses are an important part of the solution."

"Natural gas is the cleanest available alternative fuel and its use complies with the increasingly strict particulate emissions standards mandated by the Federal Clean Air Act," said Paul Hathaway, Northwest Natural Gas Company senior vice president. "Natural gas is also a domestic fuel and its use helps reduce our nation's dependence on imported oil."

Aside from the fuel and the paint job, the buses look like regular Tri-Met buses. Differences occur in the fuel tanks, fuel delivery system and safety components designed for LNG. The engine block, drive train and body are essentially the same as a standard 40-foot bus. The buses seat 43 customers and have accommodations for two passengers who use wheelchairs.

Although buses that run on both diesel and LNG are used Houston, Tri-Met's buses are the first of their kind manufactured to run exclusively on LNG. As the buses are tested, Tri-Met expects that fuel costs and mileage will be similar to regular buses. Because natural gas is a cleaner-burning fuel, less engine wear and maintenance is expected.

Renewing The Earth: The Environment And The Economy

The challenge of balancing the local economic needs of people and the short-term and long-term care of the environment is the topic of the conference "Renewing the Earth: Catholic Social Teaching as an Invitation to Public Reflection and Action." The conference will be held on Saturday March 27, 1993, 9:00 a.m. It will be held at Mount Angel Seminary Damian Center in Mount Angel, OR.

The conference will use the Pastoral Statement of the United States Catholic Bishops' "Renewing the Earth: An Invitation to Reflection and Action on Environment in Light of Catholic Social Teaching as the tool for considering these issues. The bishops' statement noted that the "task set before us is unprecedented, intricate, complex. No single solution will be adequate to the task. To live in balance with the finite resources of the planet, we need an unfamiliar blend of restraint and innovation. We shall be required to be genuine stewards of nature and thereby co-creators of a new human world. This will require both new attitudes and new actions."

With a recent announcement by the White House of an upcoming summit on Northwest forests, with the recent closures of various salmon fishing seasons, and with the current debates on land use at both the State and local levels, the "Renewing the Earth" conference presents an opportunity to reflect on the broader picture of the earth and the economy.

FASHIONABLE FITNESS

Our desire to shape up and stay fit has not waned, according to a survey of 3,900 households by NPD Group, a market research firm in Port Washington, NY. They found that 70% of Americans are involved in a sport or activity for health or fitness reasons. The most popular ways to stay fit? walking or hiking ranked 74%; bicycling, 29%; swimming, 23%; and aerobics or step training, 18%.

Imani Women's Support Project

Imani will hold a Fundraising Dinner with guest speaker, play wright, Thomas Meloncon, who is the author of "What Ever Happened To Black Love", April 8 1993 7:00 pm to 10:30 at the Melody Grand Ball Room 613 S.E. Alder. Tickets are \$25.00 and are available at Jabel's on MLK Blvd, One Stop Music, or call Imani 284-3965 for more information.

The menu will consist of Okra Gumbo with Chicken & Sausage, Jambalaya, Mustard Greens, Butter Milk Biscuits, Corn Bread, and Gingerbread Muffins topped with whipped cream and more...

There will be a book signing with Thomas Meloncon held from 9:30 - 10:30pm.

Urban League Dinner To Be Rebroadcast On Local Cable

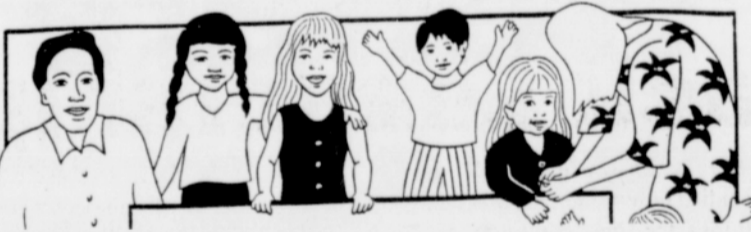
Local cable networks will rebroadcast a tape of the Urban League of Portland's recent Equal Opportunity Dinner several times in coming weeks. The dinner featured a keynote speech by Los Angeles Urban League President John Mack and award presentations to Marsha Congdon and /Carl Talton of Portland for their leadership in the area of equal opportunity.

"We are pleased to be able to air this program for those in the community who could not attend," said Urban League President Dr. Darryl Tukufu. "John Mack had some excellent ideas for how business and community groups can work together. He also had some important insights into the Rodney King affair."

The program will air on Paragon Cable (Channels 30 and 38) and TCI Cablevision (Channel 30) on the following dates:

March 22 8:00 am Channel 38
March 23 3:00 pm Channel 38
March 30 10:30 am Channel 30

The program was produced by Paragon Cable.



Ebony Fashion Fair Returns To Benefit Links' Educational And Scholarship

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