

# SPORTS

## MYCAP Basketball Team Has Skills

One might ask what is MYCAP? Well, MYCAP stands for Minority Youth Concerns Action Program. MYCAP provides temporary shelter for youth who do not have appropriate alternative housing. It also provides direct case management with numerous additional youth who are living in the community rather than at the MYCAP facility. Each of the youth have access to all of MYCAP's services.

Some of the services provided by MYCAP is alternative school, street law courses, pre-employment counseling, job placement program, summer community revitalization, peer, family and community support, drug and alcohol abuse counseling, African American male connections program, and a program called Family; families as models instilling leadership in our youth.

MYCAP operates under the working assumption that these young men, in order to make real and lasting changes in their lives, need intervention and stabilization, not simply incarceration. Detention does not necessarily help youth develop all the coping skills they need in society. And the traps and obstacles that these youth faced before incarceration are often



Top: Steve Huffman, Middle: Walkine Irby, Justine Rodarte, Front Dan Rasmussen, Kenny Hamilton

still in place when they are released. MYCAP has deliberately placed itself

community is a positive one. MYCAP is here to make sure that our minority youth do not fall into the cracks of either the judicial system or of the community.

One of the positive things that has come out of MYCAP is their basketball team. Since 1990 MYCAP has won the Salvation Army Midnight League six times, while winning the league playoffs tournament five times and 2nd place once. The age of these players are 13 to 19 years old. MYCAP's record over three years is 88 wins and only 14 losses.

MYCAP is coached by Steve Huffman who has helped young people for many years in the North/Northeast community.

Members of the MYCAP basketball team are Albert and Kenny Hamilton, Dan Rasmussen, Dion and Walkin Irby, David Jefferson, Justin Rodarte, Demetrius Vaughn, Orlando Reed, David Jackson of Wilson

High School, Tyrone Hammick and Kenny McDonald of Jefferson High School, All Team All-Star Derrick Griggs.

In March, MYCAP was invited to Hillsboro for a Midnight League, where they won the league by an average of 20 points per game.

In November 1990, after only two and a half years of full operation, MYCAP was endorsed by the chair of the National Branch of The American Correctional Association.

The staff at the Portland Observer take our hats off to coach Steve Huffman and his MYCAP basketball team for the outstanding job they have done representing MYCAP and the North/Northeast community. If you would like more information on the MYCAP program, you can write Steve Huffman at P.O. Box 17332, Portland, Oregon 97217 or call at 503-280-1050. Executive Director of MYCAP is Timothy C. Holt.

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### Benson High School

Date	Opponent	Time
April 8	Lincoln	4:00
April 13	Grant	4:00
April 16	Wilson	4:00
April 27	Cleveland	4:00
April 28	Roosevelt	4:00
April 30	Franklin	4:00
May 4	Madison	4:00

### Cleveland High School

Date	Opponent	Time
April 1	Lincoln	4:00
April 6	Jefferson	4:00
April 16	Marshall	4:00
April 20	Grant	4:00
April 22	Madison	4:00
April 28	Franklin	4:00
May 5	Wilson	4:00
May 7	Roosevelt	4:00
May 18	Benson	4:00

### Franklin High School

Date	Opponent	Time
April 1	Benson	4:00
April 13	Wilson	4:00
April 22	Roosevelt	4:00
April 27	Marshall	4:00
May 4	Lincoln	4:00
May 5	Jefferson	4:00
May 11	Grant	4:00
May 12	Madison	4:00
May 20	Cleveland	4:00

### Grant High School

Date	Opponent	Time
April 8	Madison	4:00
April 16	Franklin	4:00
April 28	Jefferson	4:00
April 30	Wilson	4:00
May 4	Roosevelt	4:00
May 7	Benson	4:00
May 12	Cleveland	4:00
May 18	Lincoln	4:00

### Jefferson High School

Date	Opponent	Time
April 1	Marshall	4:00
April 8	Franklin	4:00
April 13	Lincoln	4:00
April 20	Wilson	4:00
April 22	Benson	4:00
May 11	Roosevelt	4:00
May 18	Madison	4:00
May 20	Grant	4:00

### Portland Schools Offer Early Introduction To Kindergarten

Portland School District elementary school offer early registration and introductions kindergarten for 5-year-olds and their parents April 19 to May 30.

The annual kindergarten "roundup" allows parents of children who will be 5 years old on or before September 1 to register early for this fall's kindergarten classes.

To register, parents must provide documents citing their child's birthdate, up-to-date immunization records and other information relating to the child's home address and emergency contacts.

For more information please contact your neighborhood school. To learn which neighborhood school your child will attend, please call 249-3304.

### SIX TIPS FOR CUTTING FAT

1. Cook with nonstick pans to cut down on the added fats you'll need.
2. Brown and saute with chicken broth, wine or nonstick cooking spray instead of oil or margarine.
3. When baking, substitute unsweetened applesauce or prune puree for part of the fat whenever possible.
4. Use evaporated skimmed milk instead of cream or whole milk if the recipe allows.
5. Create sauces and toppings from fresh fruits, vegetables and herbs instead of oil and butter.
6. Dress your salads with lemon juice and fresh herbs instead of mayonnaise-or oil-based dressings.

### total tips™

The U.S. National Senior Sports Organization will hold its biennial competition, the Senior Sports Classic, June 12-18, 1993, in Baton Rouge, La. You can get more information on attending the games by calling 314-878-4900.



You can see Mark Bryant this Sunday at the Midway Shopping Mall from 1:00pm to 4:00pm at the Portland Saints Auction. Bryant along with Mario Elie, Rod Strickland, Dave Johnson and Tracy Murray will be there to sign autographs.

## Blazers Players Assist Saints

Members of the Portland Trail Blazers will take their time this Sunday April 4, to help raise money for the Portland Saints Women's AAU Basketball Team. The Saints are going to the Women's National AAU Basketball Championships in Milwaukee, Wisconsin April 15 to 18, 1993. The Blazers players will sign au-

tographs from 1 to 6pm at the Midway Shopping Center, on Division and 122nd Street. Players will also auction their own game shoes and basketballs signed by all team members.

The line up for Sundays auction looks like this, Dave Johnson and Reggie Smith from 1 to 2pm, Kevin Duckworth and Tracy Murray from 2

to 3pm. Cliff Robinson and Jerome Kersey from 3 to 4pm. Rod Strickland, Mario Elie and Mark Bryant from 4 to 5pm.

All proceeds go to the Portland Saints Womens' Basketball team. All donations are tax-deductible.

If information is needed call Greg Swain at 761-9597.

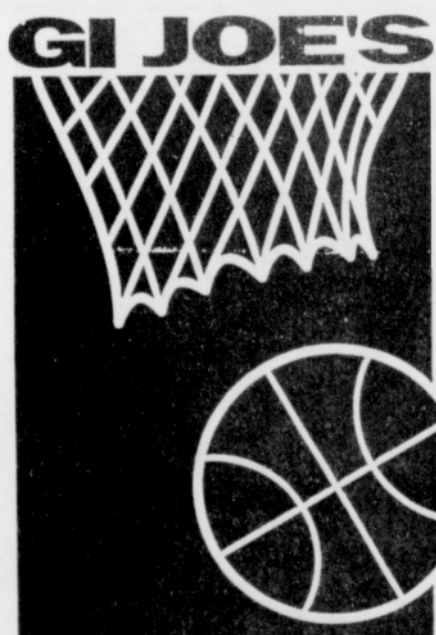
### Easter Egg Hunt

The annual Easter Egg hunt for children of the community sponsored by Prince Hall Masonic Lodge #3 and members of LES FEMMES

and prospective Debutantes and Cavaliers will be held Saturday, April 10, 1993 at Peninsula Park beginning at 11:00am.

All children between the ages of 1 and 10 are invited to participate. The children will be divided by age groups and prizes will be given away also.

## THE G.I. JOE'S NORTHWEST FREE THROW SHOOTOUT



SO, YOU THINK YOU CAN SHOOT FREE THROWS?

PROVE IT AND WIN UP TO \$25,000!

**What:** Make the most consecutive free throws and advance to a final round competition.

**Who:** Anyone who can shoot free throws  
\*(must be at least 18 years old to win)

**When:** First Round  
April 10, 1993

Final Round  
April 20, 1993

**Where:** First Round  
Beaverton Mall  
Hayden Meadows  
Eastport Plaza  
Salem Lancaster  
G.I. Joe's stores

Final Round  
Blazers game  
Memorial Coliseum

**Entry:** One dollar. All proceeds benefit the YMCA.

\*Complete rules available at all participating G.I. Joe's stores.

### LET'S PLAY BALL!



*Jerry Steele*  
**BASKETBALL CAMP**

**UNIVERSITY OF PORTLAND BASKETBALL CAMP** - 4 weekly sessions  
Outstanding basketball facilities at the University of Portland campus. Quality instruction, team games and skill sessions. Day and night activities fully monitored by staff. Overnight and day camps.

FOR BOYS AND GIRLS 9 - 18 YEARS OLD  
Overnight Camp \$315 per week - Day Camp \$185 per week  
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FREE - NIKE BASKETBALL SHOES with REGISTRATIONS Postmarked by APRIL 15th

M.L.K., JR. BLVD

## STEADY IMPROVEMENT

YOU CAN SEE IT!!!

PRESENTED IN COOPERATION WITH THE PORTLAND TRAIL BLAZERS