

**Portland French School And The School Of Oregon Ballet Theatre Host "A French Affair" April 23**

Portland French School and The School of Oregon Ballet Theatre join forces to present the second annual "A French Affair," a unique celebra-

tion of children and French culture, from 7:30 to 11:00pm, Friday, April 23, in the Aladdin Theatre at 3017 SE Milwaukie. The event is a ben-

efit for both schools. For more information call : 233-3963.

**Espn's Roy Firestone To Host Blazers Bash**

Six-time Emmy award winning broadcaster, Roy Firestone, will serve as the guest entertainer at the Miller Genuine Draft Blazers Bash on Monday, April 12 at Memorial Coliseum. The Blazers Bash, formerly the Most Valuable Player Banquet, promises to be an entertaining evening with both the fans and

Trail Blazers players enjoying everything from player recognition honors to music videos. A highlight of the evening's festivities will be the presentation of the Most Inspirational Blazer award.

Seating has been greatly expanded for this year's event. Reserve seating in the stands at Memorial Coliseum has been added, giving more fans than ever the opportunity to participate in all the fun. Reserve seats cost \$5 each with proceeds going to support the Portland Parks Community Basket-

ball Courts rehabilitation Program. A limited quantity of dinner tickets are available at \$30 per person. Reserve tickets for the Bash, scheduled to begin at 6:00pm went on sale Monday, March at all Ticketmaster outlets and at the Memorial Coliseum box office. Dinner tickets can only be purchased through the Memorial Coliseum box office.

Firestone, an NFL commentator for ESPN and host of ESPN's "Up Close" program, has performed as a stand-up comedian on "Late Night with David Letterman" as well as in various comedy clubs in Los Angeles. He has also made appearances on Arsenio, later with Bob Costas, Married With Children, Nightline with Ted Koppel, Larry King Live, and Hollywood Squares.

"The best interviewer in the business" is how Sports Illustrated de-

scribes Firestone, who owns five ACE awards for cable excellence. Critically acclaimed for his work as host of ESPN's "SportsLook" program for a decade, he has interviewed more than two thousand people, including nearly every major sports figure. His curiosity goes beyond the sports realm, having conducted interviews with President Richard Nixon, legendary actor Jimmy Stewart, jazz great Miles Davis, comedian Jerry Lewis, and pop music icon Madonna.

An accomplished singer, impressionist and humorist, Firestone has shared the bill with the likes of Frank Sinatra, Loretta Lynn, Vic Damone, Gladys Knight, The Four Tops, and Frankie Valli to name a few. He performs his multi-media review before audiences in Las Vegas. The Grand Ole Opry, and at major sporting events and conventions throughout the world.

**One With Heart Presents Mother/Daughter Self-Defense Workshop**

One With Heart, located at 4231 SE Hawthorne Blvd., presents a Mother/Daughter Self-Defense Workshop. The workshop will be held on Saturday, May 8th from 1:00-6:00pm at One With Heart and will address issues of safety in a supportive atmosphere of mother/daughter teams of all ages and backgrounds. Participants will learn practical

physical and verbal self-defense skills as well as strategies for confronting threats to safety. This workshop brings mothers and daughters closer together by improving interpersonal communication skills as they enter into dialogue about personal issues. The fee is \$65 per mother and \$25 per daughter. Class size is limited. To register call 231-1999.

**Your Body Will Warn You When It's Time To Consider A New Exercise Routine**

Watch for warning signs-change or pain-when deciding if you need to shift from a walking or running program to another form of exercise activity, says a Stanford orthopedic surgeon.

Dr. Thomas D. Franklin, clinical assistant professor in the Department of Functional Restoration at Stanford University Medical Center, says many active people ignore warning signs that can prevent them from remaining vigorous in the future.

"As much as you may wish to appear tough, don't deny pain," warns Franklin. If you kneecap or leg, for example, is uncomfortable for 15 minutes after a run, that might be an acceptable training effect. "But if the pain continues to

last longer and longer after each run as weeks, months or even years go by, that's your body telling you to jump in the swimming pool, get a bike, or shift to a walking program-it's important to find an alternative."

Runners often can comfortably shift from running to walking, but as the body gets older, walking will eventually cause stresses similar to what running caused in younger years.

"Swimming and stationary biking are good alternatives for older persons whose legs and knees can no longer effectively cope with running or even walking," Franklin says.

Of course, if simple measures don't help, a physician visit might be appropriate, Franklin says.

**Check Child's Breathing First, Says Pediatrician**

Nobody need to be told that a child's breathing may be the most important thing he or she does, but a Stanford University pediatrician has some advice on simple ways to check if a child's breathing is health threatening.

"Obviously, if the child is not breathing or very irregularly, it's time to take emergency action. Start resuscitation efforts immediately and seek medical attention at once," says Dr. Larry Mathers, associate professor of pediatrics and director of the pediatric intensive care unit at Lucile Salter Packard Children's Hospital at Stanford.

But sometimes, says Mathers, breathing difficulties may be a little harder to evaluate. So if you think your child may be having trouble breathing, take his or her shirt off and count the number of times per minute the child breathes in and out. For a newborn, 30 to 45 breaths out per minute may be normal; in a toddler, 20 to 35 times may be normal; while in a school-age child or an adult, 12 to 20 times per minute is considered the norm.

If breathing is clearly below these limits, the child may be suffering from a drug reaction or head injury, the pediatrician says. If the child is turning a "Blue" color, that is a further sign of lack of oxygen, and an immediate trip to the physician would appear to be indicated, says Mathers.

If breathing is too fast, pneumonia and fever may be occurring, and taking the child's temperature may show a fever, which is further evidence of trouble. A prompt trip, probably within 24 hours, to see trained health personnel is probably warranted.

In addition, when breathing is too fast, Mathers says check the child's nose and throat to see if there is any mucous or blockage. In these cases, a noticeable sound is apt to occur while the child is breathing in. If simply clearing the airway (helping "blow" the child's nose, for example) doesn't improve the situation, take the child promptly to a physician for clinic. If a loud wheezing sound is heard when the child is breathing out, the trachea (or windpipe) may be locked, and a health professional may need to provide medication or oxygen if the condition persists or the child becomes seriously uncomfortable, Mathers says.

**Easter Wishes**

total tips™	
Daily Values	
	Calories 2,000 2,500
Total Fat	65 g 80 g
Saturated Fat	20 g 25 g
Cholesterol	300 mg 300 mg
Sodium	2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Fiber	25 g 30 g

Unfortunately,

downed

powerlines

don't

come

with

built-in

warning

system.

It's impossible to tell if a downed powerline is hot, or not. If you see one, don't touch. But do call 911 and ask for assistance.

Portland General Electric

**BLAZERS BASH**

*It's a party!*

**TICKETS ONLY \$5!**

**Join the Blazers and ESPN's Roy Firestone April 12 at Memorial Coliseum Doors open 6 pm**

This year, the annual MVP Banquet has been revamped so that more fans can join their favorite players for an entertaining, fun-filled evening.

Here's the line-up for this year's **Miller Genuine Draft Blazers Bash:**

- Humorous anecdotes and sports impressions by ESPN's Roy Firestone
- Team awards by Rick Adelman
- Special video presentations on the replay screens
- Concessions available

Tickets are only \$5, available at all TicketMaster outlets.

**Proceeds from the Miller Genuine Draft Blazers Bash will go towards the Portland Parks Community Basketball Courts Rehabilitation Program**

**BLAZERS™ BASH 1993**

