

Awards Presented To Marrow Donor Recruiters



Jean Johnson of American Red Cross presents Community Spirit Award to Faye Mack. Mack received the award on behalf of the Fannie Cook Women's Missionary Society of the Bethel AME Church for their marrow donor recruiting efforts.



Jean Johnson of American Red Cross presents Certificate of Appreciation to Lenora Morris. Morris received the award for her marrow donor recruiting efforts.

You may not know who Lenora Morris is, but she saves lives every day. Each year, thousands of African Americans die from leukemia and other fatal blood diseases. Many of these deaths could be prevented and the patients cured by bone marrow transplant. Only one in four patients has a relative who is a matched marrow donor. People like Lenora Morris are working to find unrelated donors for others.

The unique tissue characteristics of an individual's bone marrow are inherited. When no matching relative is available, a patient's best chance of a marrow donor match is with a person of the same ethnic background. The National Marrow Donor Program (NMDP) maintains a computerized data bank of tissue typed volunteers who are willing to be a marrow donor if matched with a patient. People of color are currently under-represented in this Registry. Only 147 African

Americans are on file in Oregon, or 1.4% of all Oregon volunteers.

Lenora Morris is the Chairperson of the Judie Davis Recruitment Program, which is dedicated to increasing the number of blacks on the Registry. She has been the driving force behind the African American awareness and recruitment efforts in our community. That is why she was recently awarded an American Red Cross Certificate of Appreciation. The Fannie Cook Women's Missionary Society of the Bethel AME Church was likewise awarded a Community Spirit Award for its efforts to adopt the goals of the NMDP and the Judie Davis Recruitment Program.

To be listed as a potential donor requires nothing more than a simple blood test and a consent to have your tissue type listed in the NMDP Registry. For more information, contact Jean Johnson, at American Red Cross, (503) 284-0011, ext. 165.

Westside MAX Tunnel Gets Go-Ahead

Tri-Met announced a Westside MAX milestone today with the award to Frontier-Kemper/Traylor Brothers. Construction on the three-mile tunnel will begin next month. "After 15 years of planning and designing this project, now's the really fun part: we get to build it. So their's a real elation around here," said Tom Walsh, Tri-Met General Manager.

"Oregon's largest public works project ever is now a reality," Walsh said. "Westside MAX is on its way to Hillsboro, creating thousands of jobs, reducing congestion, cleaning the air, and helping to keep neighborhoods livable."

The award followed a decision by Tri-Met to reject a protest filed by the tunnel project's second low bidder, the Atkinson/Granite joint venture. Tri-Met's Deputy General manager Bob Post found the Frontier bid fully responsive to Tri-Met's requirements for use of minority- and women-owned business.

The Frontier/Traylor bid names two minority-owned subcontractors to receive 12.2% of the project fee. Tri-Met's contract specifications required 11% participation. Walsh explained that the two subcontract awards constitute a 'floor' for minority participation. Frontier/Traylor has indicated a willingness to work with Tri-Met to identify other subcontracting opportunities for Oregon firms.

"It has been the talent and commitment of Oregonians who conceived and financed this project; there is, there must be, there will be ample opportunity for Oregon expertise, now, as we build it," Walsh said. The 12-mile Westside MAX line will open for service in September 1997.

State Fair Introduces Entertainment Value Pack

Looking for an entertainment bargain at the Oregon State Fair? Look no further than the "Four Star Country Pack" which buys four concerts for the price of three.

The Country pack includes Tanya Tucker (Aug. 28 or 29), Willie Nelson and Family (Aug. 31), Don Williams (Sept. 3) and Mac Davis (Sept. 4). The Pack is available at all Fred Meyer Fastix outlets beginning June 19.

'Seaport Monday' A Free Event To See Your Port



SEA PORT MONDAY YOUR DAY AT THE DOCKS

On Monday, July 5, from 10am to 5pm, the Port of Portland will throw open the gates of its Terminal 2 marine facility at 3552 NW Front Avenue, providing the entire community

a free, never-before-offered opportunity to experience the inner workings of the international port their tax dollars have helped create.

"Seaport Monday: Your Day At The Docks" is an event that will give residents a behind-the-scenes look at the ships, cranes, barges, tugs, trains and trucks that last year alone moved more than 11 million tons of cargo through Portland and provided a livelihood for thousands of those employed in the tri-county area.

Seaport Monday will feature river demonstrations, narrated sternwheeler tours on the Willamette River, a wide spectrum of displays and interactive exhibits, live music and other landside and dockside enter-

tainment, food and beverage concessions, and a peppering of staged cultural shows.

In addition to free admission, the Port will provide free parking and shuttle transportation to and from Seaport Monday throughout the day. Parking and shuttle service will be available from the parking lots of Gunderson Inc., 4350 NW Front Avenue, and Consolidated Freightways, 1717 NW 21st Avenue, beginning at 9:30am.

Questions regarding Seaport Monday may be directed to either Community Relations Manager Jane DeMarco at 731-7055, or Community Relations Specialist Katy Brooks at 731-7054.



"It takes a whole village to raise a child."



There Is A New Look In Fitness On Portland's East Side

We all know, and now it is supported by scientific evidence, that regular exercise helps prevent many diseases, lengthens your lifespan, and improves the quality of life. We also know that are economic benefits to regular exercise. Fit employees are more productive, more creative, have fewer long-term medical claims, are absent from their jobs less frequently and basically have higher job/life satisfaction levels.

What many people do not know is the Lloyd Athletic Club is the only private, full fitness facility in the Lloyd District neighborhood. In the constant search for avenues to change lifestyles to enhance physical, spiritual and emotional well being Lloyd Athletic Club (LAC) is where one will find diversity, challenge, variety, and comfort. LAC understands that the needs and interests of individuals change over time. The facility and programs within evolve to reflect that understanding. The staff of LAC are trained professionals in fitness programming, aerobics, court sports and service. LAC has recently expanded its facility to include service such as child care for the busy parent who also understands the importance of regular exercise to reduce the stress from everyday life.

Lloyd Athletic Club is unique. What makes it unique comes from the exciting possibilities offered for fitness and recreation. One can begin to meet their fitness goals by first undergoing a complete fitness evaluation. These are performed at LAC to measure body composition (lean muscle vs fat), cardio-respiratory fitness, flexibility, blood pressure and testing and training heart rates. Once complete an individual has an established starting point and a means to track progress. From there the choices range from traditional aerobics to step aerobics, approximately 40 classes per week, including the new flo-motion or pump & rock classes. If aerobics is not the choice cardiovascular endurance can be improved on a treadmill, stairclimber or aerobicycle. Enhance a workout by utilizing the strength training apparatus which features all new state-of-art Cybex equipment and Olympic free weights. Orientation and introduction to the equipment is always provided a trained fitness instructor. 14 years ago LAC originated as a courts facility and today LAC members enjoy the use of eight rac-

quetball courts and two international squash courts. LAC is the host site for the annual Oregon State Racquetball Championships, State Games of Oregon and City Squash Championships. In addition to free play, LAC offers leagues, team play, private instruction, and free introductory lessons. From time to time LAC offers something special for those who are looking for a new perspective in exercise. This summer Tai Chi is the program of choice. Tai Chi is a form of martial arts that will increase strength and flexibility, reduce stress, improve concentration, balance and energy and provide an opportunity to get in touch with yourself. LAC is much more than you thought we were.

Lloyd Athletic Club is also able to accommodate individuals who are not interested in the benefits of a full club membership. Non-member aerobics, "fitbreak" is offered at specific times of the day and for the road runner, "lockerbreak", full locker room privileges before and after a run. Whatever the exercise routine, LAC's massage therapy department can facilitate the recovery from strenuous exercise and injury and release tension and sore-

ness, not to mention reducing mental and physical fatigue due to everyday stress.

The philosophy at Lloyd Athletic Club is to not only provide a vehicle to assist individuals in attaining their fitness and recreational goals, but to put back into the community we share. LAC created and co-sponsors the community outreach program known as Community Stride. It is a program designed to promote physical fitness through organized walking at the Lloyd Center Mall. In addition, three years ago LAC responded to the need to provide daily quality physical educational for children in the school system. LAC participates in the Adopt-A-School program which impacts over 10,000 children with the message that physical fitness is important and needs to become a priority in their young lives. During the months of April and May LAC hosts third, fourth, and fifth graders from Irvington Elementary School providing instruction in aerobics, badminton, tumbling, weight training, racquetball and squash.

Lloyd Athletic Club is much more than you thought we were, your place...your pace.

There's A New Look In Fitness On Portland's New East Side



Check it out. Totally new decor. Expanded aerobic and weight rooms. State-of-the-art conditioning equipment. Child care for busy parents. And much more. All at competitive fees.

The location is ideal. The club size comfortable. The atmosphere informal and friendly. Join us.

Redeem this ad for one guest visit!

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