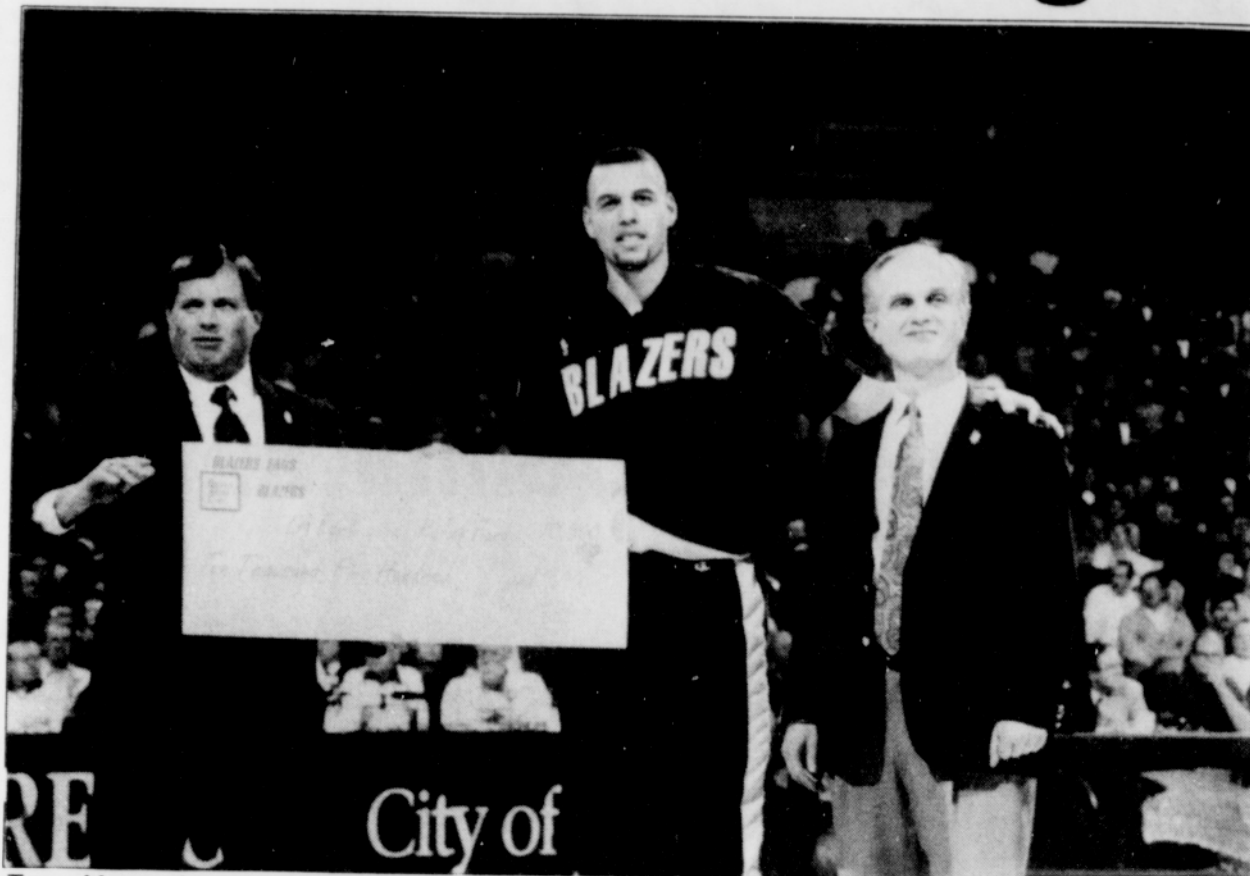


SPORTS

"The American Red Cross Earthquake Relief Night"



Tracy Murray (center) presents Bruce Thompson (left), immediate past president of the Oregon Trail Chapter of the American Red Cross and David Crow, chairman of the Red Cross Development Foundation, with a \$10,500 check to assist victims of the recent Los Angeles quake.

"The American Red Cross Earthquake Relief Night" at the Trail Blazers vs. New Jersey Nets game on January 25, raised \$10,500 for victims of the Los Angeles quake. Fans entering Memorial Coliseum were asked to make a donation of \$1 or more to the Portland chapter of the American Red Cross. The Blazers and Oregon Arena Corporation tipped off the donation drive by pledging to donate \$2,500 to the disaster relief effort.

"Thanks to the Blazers fans, the Blazers and Oregon Arena Corporation, this donation drive nearly doubled

the total overall donation by the Portland chapter of the Red Cross," said Ulisse Pardini, director of development for the Portland chapter. "These funds will help provide disaster relief in the form of food, water, clothing, medication and shelter to the thousands of families that have been left homeless or in need of assistance in the aftermath of the L.A. earthquake."

"Los Angeles is a part of our family -- the NBA family -- and we feel a sense of obligation to help those who have had their lives shattered by the Los Angeles quake," said Wally

Scales, Blazers vice president of special events. "The biggest 'thank you' goes out to our fans who clearly demonstrated their support for the earthquake victims. I'd also like to offer a special 'thank you' to Brian Berger of our staff, who grew up in Los Angeles, for developing the game plan for this fund-raiser and making it all happen."

For more information on the Los Angeles disaster relief effort, contact the Portland chapter of the American Red Cross at (503) 284-1234.

Photo By Brian Drake

NEW STUDY SHOWS LOWER CARBOHYDRATE INTAKE IMPROVES ATHLETIC PERFORMANCE AND CHOLESTEROL LEVELS

An eight week research study at Pepperdine University to be published in the January issue of Sports Medicine, Training, and Rehabilitation has concluded that a lower carbohydrate diet may have significant performance benefits for athletes as well as raise levels of HDL, the "good" cholesterol.

Two groups of trained runners were tested while following either a typical athlete's high carbohydrate diet, or a high protein diet based on the newly-introduced Balance Nutrition Bar. In 25 kilometer performance

runs -- the first 20 km at comfortable training pace, the last 5 km at race pace -- runners on the Balance diet showed a 7.5% improvement in the last 5k over their pace in the first 20 km. Those on the high carbohydrate diet achieved only a 2.1% improvement over their initial pace.

Treadmill testing and blood analysis of the runners at 5 km intervals during the run indicated that the Balance runners received a higher proportion of their energy from fat. Many experts believe that better utilization of fat spares muscle glycogen,

thereby improving endurance and the ability to "kick" at the end of a race. They also believe that higher protein diets will lead to faster recovery from training and competition.

The runners in the study indicated a strong preference for the higher protein formula in terms of appetite control and perceived energy levels. The Balance formula is being used by many professional, world class, and Olympic athletes in a number of sports ranging from swimming to power lifting.

PIL BASKETBALL STANDING

(As of 2-9-94)

BOYS	W	L	GIRLS	W	L
Wilson	12	0	Benson	14	0
Benson	11	1	Jefferson	11	3
Jefferson	9	3	Wilson	11	3
Cleveland	8	4	Roosevelt	9	5
Grant	8	4	Lincoln	7	7
Franklin	4	8	Cleveland	7	7
Lincoln	4	8	Franklin	5	9
Madison	2	10	Madison	4	10
Roosevelt	1	11	Grant	1	13
Marshall	1	11	Marshall	1	13

ALL GIRLS GAMES AT 5:45 P.M., BOYS AT 7:30 P.M.

GAMES WEDNESDAY 2-9-94

Cleveland At Benson
Franklin At Madison
Grant At Marshall
Lincoln At Roosevelt
Jefferson At Wilson
GAMES FRIDAY 2-11-94
Lincoln At Cleveland
Roosevelt At Franklin
Jefferson At Grant
Benson At Marshall
Madison At Wilson

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85 Toyota P/U 4x4

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83 Plym Horizon
85 Buick Regal
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88 GMC Safari Van
53 Stude Commander
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VDOKA, GREEN POWER BENSON PASS JEFFERSON!

BY JOHN PHILLIPS

Star center Mfon Vdoka paced Benson's girls basketball team against second place Jefferson 83-50 on Friday night in the Democrats home court. Vdoka scored 36 points and pulled down 21 rebounds and teammate Kim Green was not far behind with 30 points and 17 rebounds.

The Demo's were led by all-anything guard Eric Mashia who scored 25 points.

In Tech's other victory last week Green led the way with 17 points in the 67-34 win over Lincoln. Michelle Lee's seven points were high for eh Cardinals.

Jefferson did get a win over Roosevelt last week, 58-47 at home.

Again it was Mashia that led the scoring for the Democrats with 24 points. Betty Ricker scored 15 points for the Rough Riders.

Cleveland had a very good week with wins over Marshall, 74-28 and a 57-50 score over Roosevelt. Julie Grahm had big nights scoring 25 against Marshall and 28 more in the victory over Roosevelt. Ricker was again the Rough Riders high scorer with 14 points.

Wilson scored a 68-46 win over Franklin on the Quakers home floor. Allison Gauman's 20 points led the way for the Trojans. Michelle McDade matched Tauman, with 20 points of their own, for Franklin. The Trojans ran pass Grant 63-35 on the road.

This time it was Elizabeth Seege's 23 pilots led the way for Wilson. Shannon Casad scored nine points for the Generals.

Madison is very improved this season, and got two wins last week. The Senators beat Grant 45-36 as Leslie Dukart scored 16 points. Carrie Frasier scored 11 points for the Generals. Madison second win of the week came over Lincoln 387-27. Dukart again led the way with 13 points. Scarlet Chamberlin's 10 point paced the Cardinals in scoring.

Franklin had a 50-28 win over Marshall. The Quakers were again led by McDade who scored 19 points. Billie Williams led the scoring for Marshall with nine points.

BENSON BOYS HOLD ON TO 2ND PLACE IN PIL

BY JOHN PHILLIPS

The Benson Tech Boys Basketball team kept a hold on second place in the PIL with a tough 79-68 over Jefferson on the Democrats home court.

Tech got 18 first half points from guard Earl Clark points way to a 39-30 lead at the break. But it was the defense of Post player Tim Warren on Jeff's K' Zell Wesson that put Benson over the top. All-league forward Jason Franklin led Tech with 21 points most come in the second half. Wesson was high for the Democrats with 16 points.

Benson had a easy time in their 58-35 victory over Lincoln. Franklin again paced tech with 12 points Tom Tatam also scored 12 points for the Cardinals.

Wilson stayed one game ahead of

Benson with two wins last week. A 9272 win over Franklin, in the Quakers Gym. The two big guns for the Trojans were again Tyrone Manlove and Leland Mayes. Manlove had 34 big points and Mayes added another 25 points then is a overtime win on the road at Grant, 101-98. Montrail Menefee scored 22 points for Wilson, as Mayes had 21, and Manlove 18 points for the Trojans. But in a losing effort, Grant's Jessie Coulter scored more than any player in the state this year with 55 big points.

Cleveland keeps moving up the PIL ladder with win over Marshall and Roosevelt. Amos Allen's 25 points led the way in the wi over the Minutemen, 78-54. Brett Dudgeon led Marshall with 13 points. In a 90-81 victory over Roosevelt, it was Leonard Prescott 30 points to pace the War-

riors. Nick Millage came up with 29 points for the Rough Riders.

Madison got a big game from Joel Greene with 28 points as they beat Lincoln in overtime, 66-60 on The Cardinals gym floor. Jake Hebenstreit had 15 points for Lincoln.

Grant scored a 68-43 win over Madison behind Coulter's 25 points. Greene again was high for the Senators, this time with 12 points.

Terrell Penny scored 15 points as Jefferson just got by Roosevelt, 55-54.

Millage's 20 points led the Rough Riders again.

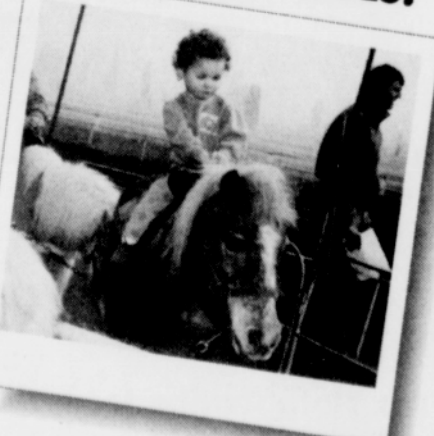
Franklin got it's fifth victory in PIL play with a 79-72 win over Marshall Shawn Lindsey topped the Quakers with 18 points, while Robbie Buen had a big night by scoring 30 points for the Minutemen.

February Is Black History Month

GET YOUR SATURDAY MORNING ON TRACK AT THE WORKOUT SHOW.

Family fun is happening this weekend at Portland Meadows. Bring the kids for a behind-the-scenes look at the traditions of horse racing. See how the starting gate works. Learn the secrets of the top trainers. Listen to a jockey describe the thrill of the ride. Watch an actual training race. You'll learn a lot about the fun and excitement involved in "Big League Horse Racing".

FREE PONY RIDES!



JUNIOR JOCKEYS ON PARADE SATURDAY, FEBRUARY 12

FREE Pony Rides

Starting at 8:30 am

The kids will love this part of the Saturday Morning Workout Show.

- **FREE** pony rides to bring on the smiles!
- **FREE** refreshments to stop the "hungries"!
- **FREE** Polaroid photo that's yours to keep.

Plus there will be drawings for T-shirts, mugs and other goodies.

Once you've learned about the workout, stick around for the live racing action, **FREE** for the rest of the day.

To find out more about **FREE** Saturday Morning Workout Shows, call Portland Meadows at 285-9144. Then join us for a day at the races.

PORTLAND MEADOWS SALUTES THE PRESIDENTS MONDAY, FEBRUARY 21

Presidents' Day is a special day of simulcast racing. Portland Meadows brings you all the action from three thoroughbred and three greyhound racing tracks!



For simulcast schedules and information, call 1-800-944-3127. Directions: take the Delta Park Exit from I-5. Off Track Wagering: Multnomah Greyhound Park, N.E. 223rd & Glisan, Portland; Howard Johnson's, near the Airport, Portland; Best Bet, Beaverton; Ocean Palace, Portland; China Garden, Cornelius; Sherwood Inn, I-5 and Carmen Drive.