

Is Major League Baseball A Step Closer To Portland?

CONTINUED FROM FRONT said, noting financing would probably come from various groups with a vested interest in the stadium. These might include the city, state, Metro and MERC, and users such as Portland State University, The Portland Rockies minor league baseball team, interscholastic high school sports programs and commercial ven-

dors who depend on the stadium for income.

Witcosky said Vosmek would probably be called on to work with seismic studies to revise structural requirements necessary for renovating the stadium to accommodate more levels of bleacher seating.

He speculated the Rockies would probably not be displaced

by these plans since they have "territorial rights that would require a potential major league team to first negotiate with them."

Rockies' owner Jack Cain told The Portland Observer if a major league team moved to Portland, displacement would take place. "We would be compensated for the territory, but would be out of

business in Portland."

"I'm not overly concerned about that," he added. "No major league baseball team has moved a franchise since 1972 and the chances of them moving one to Portland are very remote."

"If it happens it happens, and there's nothing we can do about it," he added. "We would have to go to some other city in the northwest."

SEI Instructor tell aerobic students "Pay yourself first!"

CONTINUED FROM FRONT until community based programs like SEI came along.

"I've been a physical fitness enthusiast my whole life," said Nickerson, who has taught aerobics 24 years, the last year at SEI.

At 46, this native Portlander calls aerobics "a spiritual

thing," an integral part of mind-body-spirit balancing that involves better "management of yourself and helps you be a better person, developing integrity and being versatile."

Nickerson attended Highland Elementary School and Jefferson High School before

enrolling at Pacific University where he majored in sociology.

After graduation in 1975, he landed a recreational aide position at Peninsula Park, where director Roy Pittman asked him to teach an exercise class. Three senior citizens shoed up for his first lesson.

"I take them as young as they want to come and as old as they want to be," he said, noting the youngest and oldest students he has had were 8 and 72.

For more information on these classes contact Ralph Nickerson or Yolanda Fields at 249-1721.

"Piedmont/City, Debate Rosemont Future"

CONTINUED FROM FRONT should choose your words more carefully. For me, a master plan means deciding what we will do with this property, not how we'll build housing on it."

Paul put the matter more bluntly. "If we can't have an open planning process, we can't have a process," he said. "Maybe there shouldn't be any process," Arthuree retorted.

"Maybe the city shouldn't have acquired the property. Maybe we

should have let a private developer do it, and then you'd have no say at all."

Piedmont leaders have expressed particular concern about high density housing development on the site. "How would you feel if you were a first-time home owner and found yourself across the street from a low-income housing project?" one woman asked Baruti.

"That happened to me," he replied. "It has fit in very well, and

there's no been no increase in crime." He added that such a project at Rosemont might provide housing for a family of four earning \$30,000.

"We're not talking about people collecting bottles here," he said. "We're talking about working people trying to better themselves."

Melissa Darby, who participated in a master planning process for the former Kennedy School property in Concordia, urged those present to work with the city. "We

didn't trust them at first, but they didn't stack the deck against us," she said. "It worked really well after awhile." She conceded that in Kennedy School's case the city was willing to look at non-residential uses for the building, which eventually became a brew pub and theater complex.

Arthuree said the city has already received "six to eight" proposals for the property, including ones from Head Start and a proposed girls school.

Graduation at PCC is a Community Affair

Students of all ages, walks of life and ethnic make up will take center stage at Portland Community College's 36th commencement ceremony on Saturday, June 13, 3 pm, at the Memorial Coliseum.

Portland Community College, the largest post-secondary institution in Oregon, celebrates its students and

their academic and personal accomplishments at commencement exercises on Saturday, June 13, at the Memorial Coliseum.

"The stories of personal triumph and commitment to an education to better oneself, to provide for one's family, and to be part of the American dream are found at the community college," said PCC

President Dan Moriarty. "It is a great honor to recognize our students' academic achievement."

Approximately 1,800 students will be granted associate degrees, certificates, high school diplomas, and GED's. The youngest graduate to earn an associate of arts Oregon Transfer degree, as well as his high

school diploma, is 18 year old Steve Ewing. Ewing actually earned his associate's degree last fall when he was 17. He intends to work for a year to earn money to complete a bachelor's degree. Ewing, who lives in Beaverton with his family, has worked part time to pay for his tuition to attend PCC.

Surgery May Be An Option For Epilepsy Patients

Many epileptics may not be aware that surgery is an option when medication is not successful in controlling seizures.

A brain surgery, called temporal lobectomy, offers relief for epilepsy patients whose seizures begin in the

temporal lobe, and are located on both sides of the brain near the temples.

"Eighty percent of temporal lobectomy patients will be seizure free," said Dr. Robert Grossman. "Most can reduce their medication, and in some cases, stop their medication."



YOUR MONEY & YOU

Q: I am a widow with a middle-aged son in poor health. He's on welfare. I would like to provide for him after I pass on. All I have is a small bank account for which he is co-signor, and some certificates of deposit. How can I leave him my estate without disqualifying him for welfare?

Hollywood, Fla.
A: A person receiving Supplemental Security Income, or welfare, may own assets up to \$2,000 (plus certain exclusions, including—a home, personal effects and an automobile). If you list your son as joint owner with right of survivorship of your CD's, he will receive the money after your death. At that time, he could buy an annuity paying a lifetime income to take the place of welfare payments.

Q: My brother-in-law says I can write up a will for myself, date it, have it notarized, and it will be legal. Is this true or not? Assuming it is legal, can I change it later?

Green Valley, Ariz.
A: Your questions have to do with the legality of a holographic, or handwritten, will. In most states, a will that you write in ink with your own hand is valid. Be

specific about your bequests. Sign and date the document. You need not have it witnessed or notarized. If you change your mind later about bequests or wish to name a different executor, you may write a new holographic will with different provisions and destroy the old one. However, you should be aware that self-made wills sometimes cause problems for heirs because of the wording or provisions that are left out. You can buy a manual for the writing of wills that will help you with the legal language. To be on the safe side, you might telephone or write to the office of the Attorney General in your state to confirm the legality of holographic wills. An easier and safer option would be to engage a lawyer to draft a will for you that meets your particular needs while avoiding potential legal problems.

Do you have a question about money matters or your financial well-being? Write to Travelers Express, 1850 N. Central Ave., Phoenix, AZ 85077-2452. Send a self-addressed, stamped envelope for a personal reply. For individual financial guidance, or specific stock or bond advice, seek professional advice.

HEALTH FOCUS
James L. Phillips, M.D.
Baylor College of Medicine
Houston, Texas

Do you want to take charge in the fight against breast cancer? Here's an easy 1-2-3 for early detection of this major killer:

1. Do monthly breast self-examinations.
2. Have a physician examine your breasts annually if over age 40, every three years if under 40.
3. Get a mammogram every year if over age 40.

Although breast cancer cases are rare under age 35, every woman is at risk. Since it cannot be prevented, early detection and treatment can be a real lifesaver.

Monthly breast self-examination

Self-exams, mammography key to detecting breast cancer

is the first step in early detection. It is easy to learn and can help you detect changes in your breasts, such as lumps or hardening.

Pick a set time, like the week after your menstrual period, and do a self-exam each month. Many breast lumps are not cancer, but only a physician can make a diagnosis.

Annual visits to your physician or gynecologist should include a physical examination of your breasts and open discussion about any recent changes you have detected.

At age 40, expect your physician to request a mammogram.

Mammography, a low-level X-ray of the breasts, is the best method for detecting lesions or abnormalities. According to Baylor College of Medicine radiologists, mammography can detect cancers too small to be felt by you or your physician.

As you age, your breast cancer

risk increases. The American Cancer Society (ACS) also lists the following risk factors:

- Family history of breast cancer.
- Early menstruation or late menopause.
- Lengthy exposure to postmenopausal estrogens.
- Recent use of oral contraceptives.
- Never having children or having first live birth at a later age.

If you want more information about breast cancer risks, self-examination and mammography, contact the ACS at 1-800-ACS-2345.

Genetic findings, such as the discovery of the breast cancer genes BRCA1 and BRCA2, have added hope for new methods of treating this disease.

Right now, the best action is early detection. Make a commitment today to practice these methods. It's as easy as 1-2-3.

Check out our The Portland Observer Web-site!
<http://PortlandObserver.net>

Fitness class designed for a no-sweat workout

Early bird fitness enthusiasts who want a workout before going to the office, can sign up for a 6 a.m. Monday/Wednesday/Friday call at Bagley Center. Participants uses Bowflex Versatrainers, which are designed to improve upper-body strength and give an overall workout breaking a sweat.

People can wear comfortable office attire and perform all the exercises. The class cost is \$27/\$23 city residents.

Bagley Center is at 4100 Plomondon.

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e-mail CGIII65@aol.com
4929 NE Fremont St.
Portland, OR 97213

"State Farm wants to recognize the talents of young people in our communities who are doing the right thing, and celebrate their spirit of accomplishment through the national campaign, Achievement Matters"

"We must create a culture in our homes and our communities which sends the message loud and clear to our children that learning is one very important way to illustrate, Achievement Matters"

-Carmen Thompson, Agent, State Farm Insurance, Portland

-Lawrence Dark, President, Urban League of Portland

STATE FARM INSURANCE
Achievement MATTERS
Urban League of Portland