

Observing

Fitness classes help battle holiday pounds

Vancouver-Clark Parks and Recreation Department offers a variety of fitness classes for all ages. Participants can take any fitness class offered at any one of the three locations: Marshall/Luepke Center, 1009 E. McLoughlin; Bagley Center, 4100 Plomondon; Clark County Indoor Sports Center, 16311 NE 15th St., off 162nd Avenue.

Participants can attend their first class free. If they choose to continue, they then register and pay the monthly fee of \$23 for in-city residents of \$29 for non-city residents. Fees also include use of the Bagley Center weight room. Scholarships are available for qualified city residents. Call 696-8075 for more information.

Early bird classes start at 6 a.m.

Get a jump start on the day with a 6 a.m. fitness class at Bagley Center. The Bowflex Circuit class meets Monday, Wednesday and

Friday; the No Sweat Bowflex class meets Tuesday and Thursday.

Dance into shape

Learn the latest dance crazes (swing, hip hop, ceili and European folk dancing) while getting fit. No partners needed. Class meets Friday from 6:30 to 7:30 p.m. at Bagley Center.

Freedom From Fat

This is a class for people who are hungry all the time and have tried numerous diets to no avail. The Freedom From Fat weight management program offers the latest information on menopause, diabetes, heart disease and osteoporosis as it relates to healthy weight loss. Classes are taught by a SW Washington Medical Center dietitian, a behavioral specialist and a certified fitness instructor. The focus of the class is on positive lifestyle changes and improving eating patterns. Participants receive a textbook, nutritional and

personality profiles, body composition analysis, handouts and more.

Classes meet for one hour per week for 16 weeks. Choose either Tuesday noon at City Hall, or Thursday at 6 p.m. at Bagley Center. Winter session classes begin Jan. 5 and 7. The fee is \$90 for city residents and \$110 for non-city residents.

Classes at East Vancouver site

Vancouver-Clark Parks and Recreation offers fitness classes at the Clark County Indoor Sports Center, 16311 NE 15th Street. Classes include Yoga, Tai Chi, Walking Circuits, Tone & Stretch, Pre-Postnatal Exercise, Junior and Senior High Home School Fitness and Chair Exercise. See the class schedule in the Winter catalog.

City of Vancouver Department of Information Services - (503)696-8016 -FAX(360)696-8942 e-mail: vaninfo@ci.vancouver.wa.us

Classes set for adults

The Vancouver-Clark Parks and Recreation adult enrichment program offers the following classes:

INDIGO DYE ART

Workshops on Japanese Dye Art will be held at Aikobo Studio, 24613 Hammond Ct. in Battleground. Participants will use the dye, silk screen and board methods to create a shawl or tablecloth, table center, 1009 E. McLoughlin Blvd. or Bagley Center, 4100

Plomondon. For more information call 696-8218.

IRISH STEP DANCING (Ceili Dancing)

Vancouver-Clark Parks and Recreation Department and Comhaltas Eireann (CCE) will sponsor free Irish Step Dance Classes on Tuesday, beginning Tuesday, Jan. 5 from 7 to 9 p.m. at Luepke Center, 1009 E. McLoughlin Blvd.

People can drop in to this class at any time. This vigor-

ous and invigorating form of dance is a great family activity for beginners and experienced dancers. For information, call Alyson Williams, 737-0656.

CONVERSATIONAL RUSSIAN

A basic and ongoing conversational Russian class starts Monday, Jan. 11, 6:30 to 7:15 p.m. For registration information and dates, call 696-8218.

City invites applications for City/county Cable Television commission Vacancy

The city of Vancouver is seeking applicants to fill a vacancy on the City/County Cable Television Commission. The Commission serves in an advisory capacity to the City Council and the Board of County Commissioners on matters relating to cable telecommunication issues.

The Commission makes reports, monitors compliance and establishes rules and regulations regarding cable television and

telecommunications. Four members are appointed by the City Council and four members by the board of County Commissioners. Applicants must be city residents and TCI of Southern Washington Cable subscribers. Commission meetings are conducted the first Wednesday of each month at 7 p.m. at city Hall, 210 E. 13th St. in Vancouver.

The length of the term is five

years with a maximum of two terms. However, the initial term of the position will expire in April 2000 because it is an appointment to an unexpired term.

Applications are available by contacting Peggy Furno, Vancouver City Hall, PO Box 1995, Vancouver, WA 98668-1995 or by calling 696-8484 (FAX 696-8049). The deadline for applications is Friday, Jan 29, 1999.

First Citizens Forum of 1999 set for Jan. 25

VANCOUVER-The West Minnehaha Neighborhood Association will host the year's first Citizens Forum on Monday, Jan. 25, from 7-9 p.m. at the Avalon at St. James Place, 4607 NE St. James Road.

Citizens Forums are held four times each year as an opportunity for Vancouver City Council members and local citizens to gather in an informal setting to discuss community issues and concerns.

The forum will be preceded by a tour of the West neighborhood, guided by neighborhood representatives, that will spotlight neighborhood projects and goals.

The meeting that follows will be facilitated by a neighborhood representative. Time will be provided at the end of the forum for small groups discussions with City Council members and city staff.

"The format of these com-

munity gatherings was changed last year to make each forum flexible and unique to the host neighborhood," says Carol Hansen, manager of the city's office of Neighborhoods.

The quarterly Citizens Forums were started in the 1970s as an informal way for citizens to access their local elected officials.

Each forum is hosted by a different city neighborhood association.

River views highlight walk

The All Weather Walkers and Vancouver-Clark Parks and Recreation Department will sponsor a 10 Kilometer (6.2 mile) walk along the Columbia River on Saturday and Sunday, Feb. 20 and 21. The walk will start from the Water Re-

sources Education Center at 4600 SE Columbia Way and follow established sidewalks and some unfinished trails. Walkers must start between 8 a.m. and 1 p.m. and finish by 4 p.m. The walk is free to the public and \$2 for volkssport

Achievement credit.

Sights along the way include Wintler and Marine parks and the Kaiser Shipyard Memorial. The walk is rated easy.

For directions to the site and more information, call Jan Breneman at 835-9686

POLICE NEWS

Crime Stoppers Wanted Subject

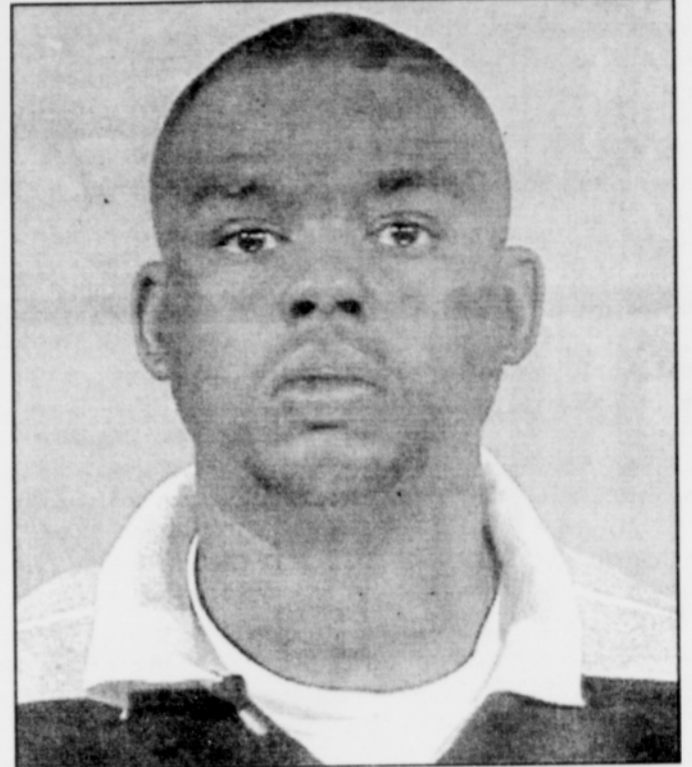
Portland Police, in cooperation with Crime Stoppers, are asking for your help in locating and apprehending **Joel Matthew "Joe Joe" McCool Sr.** Felony warrants have been issued for his arrest.

Joel Matthew McCool is a 24-year old male black, with a date of birth of August 23, 1974. He is 6'1 tall and weighs approximately 250 pounds, with black hair, brown eyes, and tattoos on both wrists.

Possible vehicles **McCool** may be associated with are, a white with pink designs, full size, 1990 Chevrolet Van, and a black, 500 series Mercedes Benz.

Crime Stoppers is offering a cash reward of up to \$1,000 for information, reported to Crime Stoppers, which leads to an arrest in this case or any unsolved felony crime, and you need not to give your name.

Call Crime Stoppers at (503) 823-HELP.



Investigator:
Detective Brian Grose
Gang Enforcement Team
(503) 823-4106
Crime Stoppers Coordina-

tors:
Officer Henry Groepper
Portland Police Bureau
(503) 823-0830
(503) 823-4357

Opponents Of Measure 11 To File A Ballot Initiative To Repeal The Law

CONTINUED FROM FRONT existing law has been effective in locking up serious offenders. However, he said, the law lacks flexibility and discretion for some of the crimes it covers.

"As much as it locks up violent criminal for what they do, it is also locking up the not so serious offenders," said Schunk. "Some of it is appropriate and some of it isn't but I don't believe it should be repealed because it locks up some serious violent offenders," he said. "I think it can be replaced with something specific."

However, opponents of the law ar-

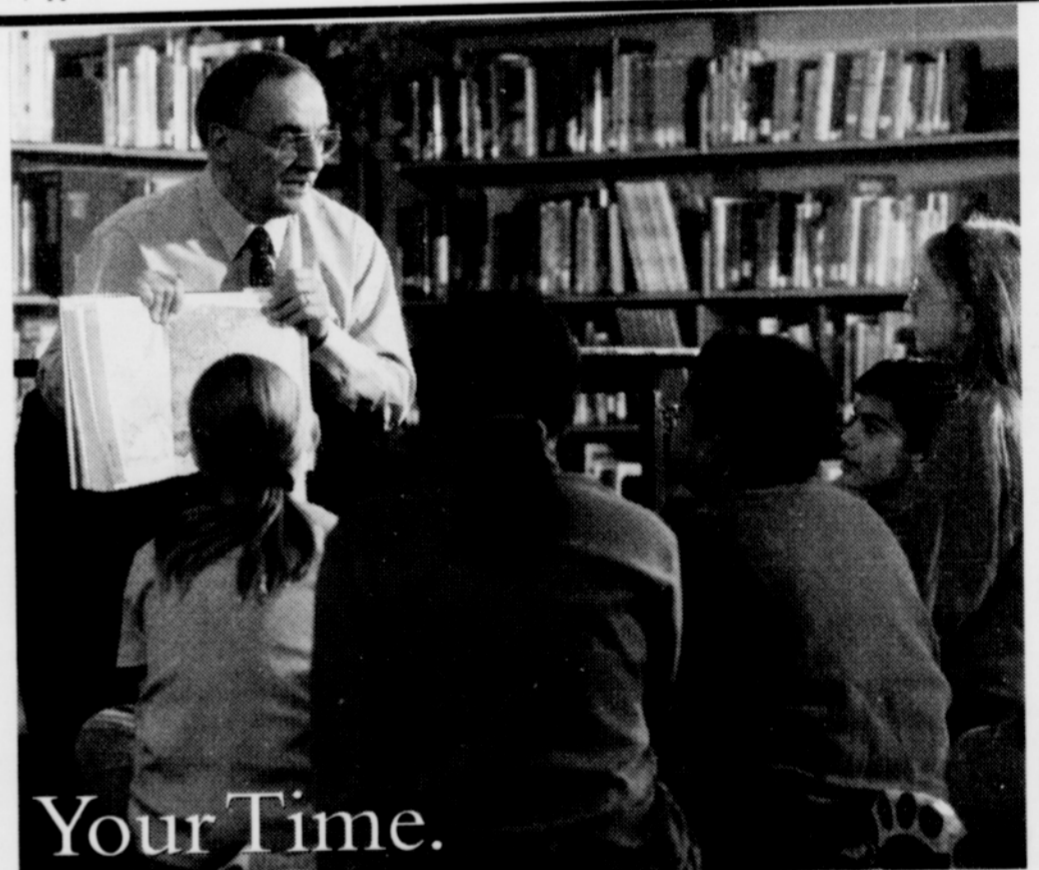
gue that it has taken away the power of judges to sentence and has given the District Attorneys the power determine the sentence at the charging level.

"So much power is given to District Attorneys and I feel like I am living in a police state. I feel powerless," said Alex C. Stroup whose 21-year-old son plea-bargained and is awaiting sentencing. We had no choice but to plea-bargain said Stroup. "Measure 11 is basically a black mail. Three to seven months sounds a lot better than 14 years."

A report from Multnomah County

District Attorney's office indicates that since the measure went into effect a little over 2,000 individuals are serving mandatory minimum sentences of not less than five years and 10 months, the minimum sentencing, to 25 years. Over 66 percent of those sentenced under Measure 11 are first time offenders and 35 percent under the age of 21.

According to Department of Administrative Services, it is estimated that Measure 11 will add 8,825 offenders to Oregon's prison system between 1996 and July of 2005.



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