

## Community Youth Celebrate Opening of New Field



Commissioner, Jim Francesconi and Portland State University President, Daniel Berstine, discuss the celebration of the opening of the new community recreation field.

Portland State University, in partnership with NIKE and Jammin 95.5 celebrated the official opening of PSU's new community recreation field by holding the first-ever Spring-Fest. SpringFest '99 "a free all-day" event celebrated opportunities for community youth. Kids from the police Activities League, the Boys and Girls Club, the Catholic Youth Organization, the Gang Resistance Education and Training program, and the greater Portland community were in attendance.

SpringFest '99 featured interactive sports challenges, performances by local music, dance and theater groups, free refreshments, face painting, the D.A.R.E. corvette, the Portland Police K-9 unit, the Portland Fire Department, as well as many other activities. PSU's community recreation field

is unique not only in the opportunities that it provides, but in its composition; it is made from 70,000 pairs of shoes recycled by NIKE, 5,500 tires and 24 dump

trucks of sand. SpringFest '99 took place at PSU's Community Recreation Field (10<sup>th</sup> & SW Hall), Saturday, May 22, 1999, from 10 a.m. to 4 p.m.



Jammin 95.5 & Nike partnership with PSU to host "Springfest '99," a community event for community youth.

## Breakthrough Treatment for Immune System Problems Unveiled in The Immune System Cure

Many have speculated that new treatments for HIV will almost certainly originate in Africa, since so many others are infected with the deadly virus. Now, thirty years after scientists began isolating that active ingredients in African herbal preparations and using them to treat prostate problems, Lorna Vanderhaeghe and Patrick Bouic, Ph. D. report that the plant fats which gave those African preparations their medicinal effect are also effective in treating HIV, Hepatitis C, allergies, stress induced illness and autoimmune disorders like rheumatoid arthritis and multiple sclerosis.

Their new book, *The Immune System Cure, Nature's Way to Super Powered Health* (Kensington Books, U.S., 1999), draws on over two decades of clinical research on the plant fats sterols and sterolins performed in Germany, and in Professor Bouic's laboratory at Stellenbosch University in Cape Town, South Africa.

The *Immune System Cure* address important questions, including: what causes one person to catch a cold or flu, and another to avoid it? Why does one person with HIV live without symptoms, and another develop AIDS and succumb quickly? why does a substance, harmless to one person, cause another to be incapacitated by allergies?, and, why does serious outbreaks of infectious disease leave some people untouched? Lorna Vanderhaeghe and Professor Bouic conclude that supercharging the immune system through diet, stress management and nutritional supplementation enables it to do what it is designed to do: fight disease.

This informative new book provides American readers with information about

- 10 super immune boosting nutrients



Lorna Vanderhaeghe, Ph. D. coauthor of a new book, *The Immune System Cure, Nature's Way to Super Powered Health* (Kensington Books, U.S., 1999).

- How to avoid the common cold and flu
- How to avoid the side effects of chemotherapy
- Healing fats and harmful fats

Lorna Vanderhaeghe is a health journalist who has been researching and writing on the subject of nutritional medicine for over fifteen years. She is editor-in-chief of *Healthy Living Guide*, a Canadian newsstand magazine, and of *Alive*, a health periodical. She is also senior editor for the *Encyclopedia of Natural Healing*, winner of the Benjamin Franklin Award in 1998. She worked for five years under the direction of

Abram Hoffer, MD, Ph.D., an expert in orthomolecular medicine, and co-wrote *Fats that Heal, Fats that Kill*, and the *Kitchen Guide*, with Udo Erasmus, Ph.D. Most recently, she co-authored *The Immune System Cure*, with Patrick Bouic, Ph.D.; the book will be released early in 1999.

Lorna Vanderhaeghe will visit Portland June 3<sup>rd</sup>. Lorna will be giving free open to the public seminars at the Doubletree Hotel at Jantzen Beach from 7-9 p.m. She will be discussing how to keep our immune systems healthy and strong.

For additional information or if you have any questions call 1-800-999-4859.

## Anthropologist Defends Makahs

PORTLAND, OREGON — An expert on Northwest Indian culture and professor of anthropology at Portland State University says whaling is central to the cultural

identity of the Makah Tribe. Following last weeks slaughter of a gray whale off the Northwest Washington coast, Professor Ken Ames explained how the hunt could

strengthen the social and spiritual lives of coastal Indians. He says the tribe hunted whales for two-thousand years before the practice was outlawed in the 1920's.

## McAllister Tries To Escape

ASTORIA, OREGON — Clatsop County deputies say they found a suicide note addressed to accused murderer Bradley Pierce in the cell of "thrill killer" Jesse McAllister. The note was found after McAllister was caught trying to escape from the library in the prison. Sergeant Mark

Whisler says McAllister stacked chairs on a table to climb through ceiling tiles. But an alert deputy walked in and saw his foot hanging down. McAllister came back down into the library after being threatened with pepper mace. The note to Price said McAllister wanted to tes-

tify for his former friend, but claimed that defense lawyers were NOT asking the right questions to acquit Price. McAllister may be called back to the stand this week in Pierce's defense. Price faces life in prison if convicted of the 1997 murders of Brook Goza and Kasey Nimz.

## Grain Elevator Fire Investigated

THE DALLES, OREGON — Fire investigators, including members of the Oregon State Police Arson Unit, have completed an on-site evaluation of what's left of

the old Port of The Dalles grain elevator. The building was destroyed in a spectacular blaze that began Saturday morning. Fire Marshall Office spokeswoman

Sally Gilpin says the intensity of the fire and aggressive suppression efforts left NO physical evidence to help officials determine the cause of the fire.

## Groups Demand Anti-Smoking Funds

SALEM, OREGON — A coalition of anti-smoking groups wants to be sure that at least 25-percent of Oregon's share of the national tobacco settlement will be spent on smoking prevention

programs. The Coalition For A Healthy Future has launched a series of radio and print advertisements to get lawmakers to spend at least 18-Million dollars a year to expand the state Health

Division's current prevention programs. Republican leaders in the legislature have suggested that the money be locked up in a trust fund with the interest used for smoking prevention programs.

## Gasoline Prices Dropping

PORTLAND, OREGON — Oregon's Triple-A says its new survey reveals the average price of unleaded regular is a-dollar-41-a-gallon... ten-cents cheaper

than a month ago. But the price is still 24-cents-a-gallon steeper than a year ago. The least expensive gas in the state can be found in sparsely-inhabited eastern Or-

gon.... where the average price is a-dollar-34. The West still has the highest gasoline prices in the nation. The national average is now a-dollar-15.

## Minimum Wage Law Changes Approved

SALEM, OREGON — The Oregon Senate has approved legislation that would make changes to the state's minimum wage law. The

changes would lower minimum wages for workers that receive tips and would allow employers to pay a training wage to younger work-

ers during their first 45 days on the job. Opponents of the bill hope Governor John Kitzhaber will veto the legislation.

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## TRI-MET NEWS

### Tri-Met Offers Youth Summertime Bargain

Youth can again enjoy unlimited travel at a bargain price this summertime on Tri-Met. "The Pass," which goes on sale Thursday, May 20, also offers discounts at local merchants.

With "The Pass," youth 18 and under can ride Tri-Met's buses and MAX light rail trains all June, July and August for just \$43. That's half the regular price of three monthly youth passes. The special pass is available at participating schools, and Tri-Met sales outlets including Fred Meyer, Safeway and most Albertson's stores in the Portland metropolitan area.

Pass holders qualify for these special discounts:  
 McDonald's: Free dessert with purchase of an Extra Value Meal. Offer excludes McFlurry dessert.  
 Ice Chalet at Lloyd Center & Clackamas Town Center: \$1 off general admission.

OMSI: \$1 off general admission.  
 North Clackamas Aquatic Park: \$1 off general admission.

"We're really pleased to bring back this affordable way of helping youth meet their summertime travel needs," said Fred Hansen, Tri-Met General Manager. "We expect The Pass to continue to be a big hit."

More information about The Pass and Tri-Met is available by calling 238-RIDE.



How we get there matters.

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