



# Family Living

Have a Happy Father's Day

## Son gives hope to dad with multiple sclerosis

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

While other sons may be giving ties and golf balls to their dads again this Father's Day, Nick Irons is giving his father something more personal. In honor of his dad, Dr. John Irons, Nick is in the midst of a grueling, five-month, 10,000-mile bike trek around the perimeter of the United States. His mission is to raise money to fight multiple sclerosis—a disease his father has lived with for more than 20 years. Nick and his father are together celebrating Father's Day in Portland, Oregon, the halfway mark of Nick's ride.

"The best Father's Day gift I could think of for my dad was a chance at a cure for MS," Nick said. "Through the nationwide bike tour, called *Going the Distance*, I will raise money to fund medical research to find that cure."

Nick launched his journey close to his parents' home near Washington, DC in April. The 10,000-mile journey through 29 states and 40 major cities is aimed

at raising \$3 million for MS research and raising awareness of the disease. Dr. Irons pedaled a three-wheeled, recumbent cycle as he accompanied Nick on the first two miles of the trip. "I'll never forget the thrill of pedaling alongside Nick as he started his bike journey that cool morning last April," said Dr. Irons. "I'm so grateful for everything Nick is doing for me and everyone else living with this disease."

Nick's fight against MS began in 1997 when he jumped into the Mississippi River in Minneapolis and began swimming. Four months and 1,550 miles later, on his father's 53rd birthday, he climbed on shore in Baton Rouge, Louisiana. He is the only person in history to continuously swim the length of the Mississippi, the longest river in the U.S. Along the way, he raised awareness of the disease and more than \$200,000 for MS research.

For the past ten weeks, Nick has been *Going the Distance*, riding 6 out of 7 days a week, averaging over 70 miles a day. Along the way, he has been joined by experienced cyclists, people living with MS and those with loved

ones affected by the disease. The National Multiple Sclerosis Society encourages all people with relapsing-remitting forms of MS to seek treatment as soon as possible after diagnosis with one of three drugs approved by the U.S. Food and Drug Administration for the treatment of multiple sclerosis. Dr. Irons takes a treatment called Avonex.

Multiple sclerosis is the most common chronic neurological condition affecting young adults in North America and Europe. It affects over 350,000 people in the United States and an estimated 1.5 million worldwide. Nearly 10,000 new cases are diagnosed each year in the U.S. alone—more than one new case every hour. The onset of the MS typically occurs between the ages of 20 and 40. Symptoms are variable, and may include vision problems, loss of balance, difficulty walking and paralysis.

To learn more about *Going the Distance*, to follow Nick on his journey, or to give a gift to the cause, visit [www.goingthedistance.net](http://www.goingthedistance.net) or call 800-2-BEAT-MS.

## The 2000 Rose Festival Court float



Members of the 2000 Rose Festival Court included 13 princesses representing Portland area high school seniors and the Queen of Rosaria, Amy Seely from Cleveland High School.

## Stanfords dishes up delicious Father's Day menu

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This Father's Day, let dad relax while someone else fires up the grill. Stanford's Restaurant & Bar, famous for its signature wood fire grilling, will prepare a number of special entrees to honor dad on his day. The Father's Day menu will be served from 11 a.m. to closing on Sunday, June 18. In addition to its regular menu,

Stanford's will feature Father's Day entrees sure to make dad smile, including grilled ribeye steak with roasted garlic mushrooms; Dungeness crab and shrimp stuffed halibut; pan seared Hawaiian ahi tuna with ginger wasabi; and sea scallops and tiger prawn linguine with pesto cream.

Portland area Stanford's Restaurant & Bar locations include Lake Oswego, Lloyd Center, RiverPlace,

Tanasbourne, and Jantzen Beach. Stanford's Restaurant & Bar is owned and operated by Pacific Coast Restaurants, Inc., a privately-held company based in Portland, Oregon. Since its establishment in 1980, the company has grown to operate 23 full-service restaurants in four Western states, including Newport Bay Restaurants and The Portland Steak & Chophouse, and employs more than 1,500 people.

## Bicycle helmet sales back at Emanuel Hospital

• Popular program provides protection at reduced cost

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The Trauma Nurses Talk Tough Program of Legacy Emanuel hospital will sell and fit bicycle helmets again this spring and summer. This life-saving program is possible due to a generous grant from the physicians with Legacy Emanuel and Good Samaritan Hospitals. The service is offered twice monthly on Wednesdays from 3 until 5 PM, with helmets available below cost at \$5.00 each.

It will be held in the Legacy Emanuel Hospital Atrium where access is easiest from the entrance to the Medical Office Building at 501 N. Graham St. on June 7, June 21, July 12 and August 9.

A special date is Thursday, August 9 from 3-5 PM at Irving Park (NE 7th and Fremont) and again that evening at the Rockies Baseball Game at Civic Stadium in Northwest Portland.

Last year Trauma Nurses Talk Tough distributed over 5000 helmets. Nurses and volunteers also help buyers fit the helmets properly for maximum

protection. Anyone who already owns a helmet is encouraged to come to a helmet sale for a fitting. According to the program coordinator, Mike Morrison, RN, Helmets are 85% effective in preventing serious brain injuries and fatalities. "However,

bicyclists who wear a poorly fitted helmet are twice as likely to sustain a head injury compared to those whose helmets tipped back on their heads. They have a 52% greater risk of head injuries than those who wear the helmet centered on the head.

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