

Pilots, Charles Named Grand Floral Parade Marshals

The University of Portland's NCAA Division I National Champion Women's soccer team and Head Coach Clive Charles have been named the 2003 Grand Marshals of the Southwest Airlines Grand Floral Parade.

"We are very pleased to have the Pilots and Coach Charles as the Grand Marshals of this year's parade," Rose Festival President Franzen said. "The University, its women's soccer program and Clive each represent successes that our entire community can embrace and be proud of."

The University of Portland's women's soccer team defeated Santa Clara in overtime, 2-1 last December to capture the north Portland college's first NCAA National Championship. Led by Charles, the 2002 women's team advanced to the Final Four for the seventh time in nine years and finished the season with a remarkable 20-4-2 overall record.

Charles has won several coach-of-the-year honors. During his tenure at the university, the Pilot women's team has made it to post-season play in



The University of Portland Women's Soccer Team shares grand marshal honors with coach Clive Charles. The women's team will ride on a float behind Clive at the beginning of the Southwest Airlines Grand Floral Parade on Saturday, June 7.

PHOTO BY STEVE GIBBONS/UNIVERSITY OF PORTLAND

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— Rose Festival President Jim Franzen

the last 10 of 11 seasons, while the men's team has reached the NAAs in the last nine of the last 15 seasons.

He noted that last year's champions "worked very, very hard" to reach the top of the collegiate soccer world.

Charles will ride in the parade in an official Portland Rose Festival car, while team members will ride atop a University of Portland float.

The Southwest Airlines Grand Floral Parade takes place Saturday, June 7. The 4.3-mile parade route starts at the Memorial Coliseum and continues through downtown Portland.

Evaluating the Benefits of Exercise Styles

Expert looks at aerobics versus strength training

BY AIMEE WARD
PROVIDENCE FITNESS SPECIALIST

Fitness is an industry that is prone to both gimmicks and quick fixes, and it's no wonder that consumers are confused. The latest quandary among exercise gurus is aerobic exercise versus strength training. The big question on everyone's mind seems to be, which is better?

Aerobic exercise is any exercise that uses the big muscles of the body (lower body and/or

trunk). This includes walking, jogging, swimming or biking, as well as any type of cardiovascular machine at a gym, such as the treadmill, elliptical machine, stationary bike or stair climber.

What does it do for you? Regular aerobic exercise strengthens the heart and lungs, decreases blood pressure and helps lower the risk of heart disease, stroke and adult-onset diabetes. As an added bonus, aerobic exercise burns a lot of calories, so it directly contributes to weight loss or weight maintenance. Aerobic exercise should be done three or more times per week, and the 20-minute recommendation doesn't neces-

sarily need to be completed all at once - it can be split up into smaller increments throughout the day.

Strength training is completely

The most important component of any exercise program is consistency.

— Aimee Ward, Providence fitness specialist

different. It's anything that causes resistance against body movements in order to strengthen

the muscles. Strength training can be accomplished by using dumbbells, commercial weight machines at a gym, dyna-bands, isometric exercises with a theraball or simple "body as resistance" movements like curl ups, pull ups, push ups or squats.

Strength training is beneficial to everyone, with no exceptions. It increases metabolism by increasing lean muscle mass, increases bone density (which helps to decrease the chances of osteoporosis), and also burns calories. Strength training should be done two or more times per week, with focus on overall body training - that is, a well-rounded

program that includes resistance exercises for all parts of the body.

The combination of aerobic exercise and strength training is proven to work best and is what most fitness experts recommend. The increased metabolism caused by regular strength training contributes to a higher calorie output during aerobic activity. A well-rounded and effective exercise program should include a mod-

erate mix of four simple things: aerobic training, strength training, stretching, and a healthy, moderate eating plan.

But be advised - the most important component of any exercise program is consistency. Health and fitness really is a lifelong commitment. It's not exciting, and it's not headlining the news, but it's what works in the long-term.

Shelter for Under Age Kids Supported

Federal grant pays for homeless and runaway youth programs

At a time when government resources are down and social needs are up, Outside Inn has received promising support through a \$1 million grant from the Federal Department of Health and Human Services Transitional Living Program for runaway and homeless youth.

According to officials of the downtown shelter, economic uncertainties and high unemployment has greatly increased the need for transitional housing for homeless youth working towards self-sufficiency.

The new funds will support six transitional housing units for homeless youth ages 16 to 21. It will also pay for staff to help provide 24-hour supervision and for the support services needed for these youth to achieve independent living.

Since 1968, Outside Inn has provided medical, mental health and social services to low-income individuals and homeless youth. Programs include transitional housing, employment training, risk prevention and a day program.

REACH
Racial & Ethnic Approaches to Community Health
A program of the African American Health Coalition, Inc.
Sponsored by the CDC (Centers for Disease Control and Prevention)

Wellness Within REACH: Mind, Body, and Soul Activity Calendar

	Mon	Tues	Wed	Thurs	Fri	Sat
Matt Dishman 77 NE Knott	Strength Training 8-9am and 2-3pm Brown		Strength Training 8-9am and 2-3pm Brown		Strength Training 8-9am and 2-3pm Brown Chicago Step 6:00-7:00pm Kendrick	African Dance 10:00-11:00am Addo
Salvation Army 5325 N Williams		Water Aerobics 2:00 - 3:00pm Hampton	Tai Chi 6:30 - 7:30pm Lyles Begins 4/16/03	Water Aerobics 2:00 - 3:00pm Hampton		
Nature's 3535 NE 15th		Yoga 7:30-8:30 pm O'Rourke		Yoga 7:45-8:45 pm O'Rourke		Body Conditioning 9:30-10:30am Nickerson
Peninsula Park 700 N Portland		Walking Group 6:00-7:00 pm Nickerson (Meet inside the Lloyd Center in front of Sears)		Walking Group 6:00-7:00 pm Nickerson (Meet inside the Lloyd Center in front of Sears)		Walking Group 12:30 pm Nickerson
Mallory Avenue Christian Church (Gym) 126 NE Alberta	Aerobics 6:30-7:30pm Nickerson		Aerobics 6:30-7:30pm Nickerson		Aerobics 6:30-7:30pm Nickerson	
Highland United Church of Christ 4635 NE 9th Ave.	Aerobics 6:00-7:00am Pierce	Aerobics 6:00-7:00pm Keller	Aerobics 6:00-7:00am Pierce	Aerobics 6:00-7:00pm Keller		

****Must be 21 or older to participate. Please check with AAHC before showing up to the first class 503-413-1850. Please receive approval from your doctor before beginning exercise class. All classes are free of charge!**

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Have you or someone you care about been experiencing some or all of the following symptoms for at least a few months?

- Hopelessness
- Sadness
- Loss of interest in daily activities
- Difficulty concentrating

If so, participants between the ages of 18 to 64 may qualify for a research study of an investigational drug for the treatment of DEPRESSION.

All office visits and medical evaluations related to this study will be provided to qualified participants at no charge.

To get more information about taking part in this study call: