



PHOTO BY ISAIAH BOUIE/THE PORTLAND OBSERVER
Local resident John Olmstead attends a vigil in northeast Portland supporting Cindy Sheehan, the mother of a son killed in Iraq, who has taken the face of the opposition to President Bush's actions in the war in Iraq.

War Opposition

continued ▲ from Front

Crawford vigil. Lynn Bradac of Portland and Michelle DeFord of Salem both had sons that died in Iraq. They planned to stay in Crawford for a week.

At least 1,866 members of the U.S. military have died since the beginning of the Iraq war in March 2003.

Two Oregon mothers traveled to the Texas last week to join the



Volunteers Build Playground

Barbara Brooks (from left), president of Beach Elementary School's PTA, Darcy Olsen of the All State Foundation and Dleny Roca of the Injury Free Coalition for Kids were among approximately 75 volunteers who built a new playground Saturday at Beach Elementary in north Portland. The "Little Hands" playground replaces an outdated wooden play structure that did not meet current safety guidelines. The construction was funded by a \$70,000 grant from the Allstate Foundation.

PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

Club Apologizes for Racist E-mail

continued ▲ from Front

(Oregon Liquor Control Commission) inspector told me in private that blacks belonged to Northeast Portland, not downtown. I was furious with this statement and I thought he was racist. After seeing the violence of last Sunday night, I owe an apology to that inspector. They do belong to Northeast Portland and they need not to be encouraged in any way to come downtown."

The original e-mail from Makboul was as follows: "One time, an OLCC

Fitness: A Fountain of Youth

continued ▲ from Front

forward to 13 more years with their family and friends.

Staying fit helps counteract the fact that you lose 50 percent of your strength and 75 percent of your power between 35 and 70 years of age, according to the International Council of Active Aging.

"Everything just slows down. But if you're working at it, these things won't break down as quickly," Wilson said. "It's about the quality of life, getting to play with their grandkids or take a walk with their wife. If I can get them to eat more nutritious food and exercise, I can easily get someone out of taking blood pressure medicine."

As the fastest growing demographic in the fitness community, people over 55 are garnering more attention from the gyms they attend. Since 1987, the population of older health club clients has skyrocketed 343 percent.

Making sure an older client is well cared for includes details such as "trying to take away the obstacles of coming into the gym, walking them through aqua classes, or making sure they're comfortable talking to anyone on the floor," said Shannon May, spokesperson for 24-Hour Fitness.

In a society where obesity is becoming a way of life, it's

becoming even more important to be aware of the benefits of fitness to lengthen a lifespan. Studies show even walking the dog for 30 minutes a day can cut the risk of diabetes in half, as well as shed pounds. Working out alone can be difficult motivation-wise, which is why belonging to a gym and working out with a friend or personal trainer helps.

Gyms can also be intimidating for seniors when everyone around is younger, in-shape and determined. But May says this isn't necessarily the case with her company.

"It's fitness for everyone," May said. "Anytime you walk in, you see someone young, old, fit, trying to get fit. Just go and talk to someone, talk about what your goals are, whether you have an anxiety. A trainer provides a personalized routine."

May reiterated that making sure each individual is at ease with their workout is of utmost importance because everyone has particular aches and pains they might be dealing with.

"Making physical activity a part of their life is amazing," May said. "It helps with anything from keeping bone mass, balance and stability."

And for people like Roberts, securing a balanced, stable and long life is already becoming a reality.

For more information, visit www.24hourfitness.com.

"Lottery profits help pay teachers' salaries."



FUNDED SINCE: 1995

Jerel Betz, Science Teacher, Leslie Middle School

Salem, Marion County Oregonians value education, which is why they consistently make choices to support Oregon's schools — from donating their own time and money to fund individual projects to dedicating Lottery profits to K-12 education. In 1995, Oregonians passed a constitutional amendment that allows Lottery profits to help fund public education. As a result, more than \$220 million in

Lottery profits is allocated to Oregon's schools this year. The money helps pay teachers' salaries, build and repair buildings, buy textbooks and fund other essential services. Lottery games have generated over \$4 billion for education, economic development, state parks and watershed enhancement since 1985. itdoesgoodthings.org

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