

Crash Kills Two

Larry Gene Williams, 56, and Latasha Simone Kinney, 32, were killed in a car accident on Northeast 162nd Avenue Monday, when Williams, the driver, lost control of the car causing the vehicle to crash at a high speed into a ditch. Two other passengers in the car were in serious condition at an area hospital.

Virgin Adds PDX Flights

The discount airline Virgin America announced new services with direct flights to and from Portland to various locations, including San Francisco and Las Angeles beginning June 5. In honor of the company's PDX addition, they have launched a system-wide fare sale and a call out to Portlanders for help to name their new 50th plane.



Week in The Review

Assault Arrest Made

Portland Police Monday arrested 26-year-old Quincy Wynn, who was charged with assault and tampering with evidence in connection with a January assault against a 15-year-old Benson high school male at the TriMet MAX Interstate Avenue platform at the Rose Quarter.



Timbers Debut Victory

Under a steady rainfall, the Portland Timbers had a 3-1 win in their second season Major League Soccer debut game against the Philadelphia Union on Monday before a sold out crowd of 20,438 fans at Jen-

Weld Field, downtown. The team opens a stretch of back to back road games Saturday, beginning in Dallas, Texas.

Death with Dignity

A physician who campaigned for an Oregon state law that allows patients with terminal conditions to end their lives died Sunday in his home surrounded by family after using lethal chemicals obtained under the initiative he advocated for. Dr. Peter Goodman was 83.



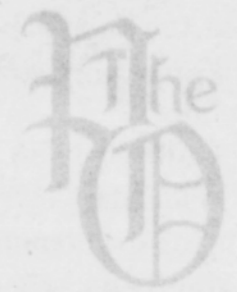
St. Patty

With St. Patrick's Day coming on Saturday this year, 54 percent of all Americans are expected to celebrate the March 17 holiday, according to a National Retail Federation survey. The number is a record high in the survey's nine year existence.

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HEALTH WATCH

Smoke-Free Support Group -- Meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.

Osteoporosis Screening -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

Family Caregiver Support Group -- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan Hospital.

Free Body Basics -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

Empowerment through Relaxation -- Free informal meditation classes that address breathing techniques, some gentle ancient African yoga poses and mental balancing techniques. People have left these classes joyful and with a peaceful view of their lives. Call Dr. Marcelitte Failla at 503-228-6140.

Tenderfoot Care -- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Lead Poisoning Prevention -- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

Heart Talk Support Group -- Meets on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

Families with Mental Illness -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

Cholesterol Profiles -- Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.

Bereavement Support Groups -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.

Maternity Water Workout -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

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