

SPORTS

USA Women Reach Semifinals

The high-powered United States women's basketball team became the first team to reach the semifinals of the Olympic tournament Tuesday by overwhelming Canada, 91-48.

The victory put the unbeaten U.S. women into the final four against either Australia or China. Australia has lost the gold medal game to the Americans in the last three Olympics.

Diana Taurasi paced the unrelenting U.S. attack with 15 points as the Americans extended their Olympics winning streak to 39 games.

Overall, the dominant U.S. team have registered a 56-3 record since women's basketball was added to the Olympics in 1976.

Angel McCoughtry of the U.S. waves to the crowd after defeating Canada Tuesday in the women's quarterfinal basketball match during the London 2012 Olympic Games.



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Dishman Trainer Honored

Chuck Amato, a personal trainer with Portland Parks and Recreation, was recently honored for his remarkable milestone of helping his clients meet their fitness goals for an incredible 50 years.

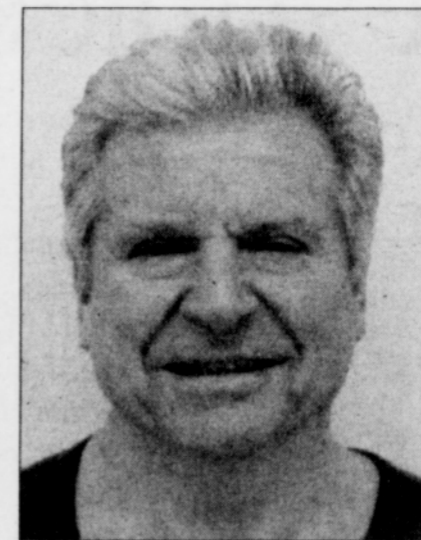
Acting on efforts spurred by City Parks Commissioner Nick Fish, the parks bureau has named the fitness center at Matt Dishman Community Center in northeast Portland in Amato's honor.

A former Mr. Olympia, Amato has enhanced the quality of life for

scores of people who have been affected by strokes, brain injuries, and other ailments.

He has also pushed countless other fitness enthusiasts to maximize their health and wellness. In fact, directly tied to Amato's work and expertise, the Matt Dishman Community Center created a new post-disability fitness program.

Congratulations to one of PP&R's true icons who has been a tremendous asset to Portland Parks & Recreation.



Chuck Amato

Dream Run Success

continued from page 3

had anticipated with some dread a long uphill run on North Mississippi Avenue. "I wouldn't call it fun, but there's satisfaction in doing it," he said.

According to James Hanson of Henry V., the event had 36 sponsors, and 50 area businesses gave cash or in-kind contributions, including prizes for a race-day raffle.

Fritz mentioned other events such as June's Good in the Hood and Juneteenth festivals and said, "We have so many opportunities to look at who we are, who we want to be." She noted that Portland has had just two African-American city

council members in its history and said, "That doesn't reflect our values. That's the reason for the Office of Equity. We have to do better than the last 100 years."

James and Shamsud-Din both reminded the crowd that the race is not just for healthy exercise, but a tribute to Dr. Martin Luther King Jr., and that he stood for social justice as well as racial equality.

Longtime African-American businessman and activist Paul Knauls Sr. gave praise to set of new historical markers under construction at Northeast Martin Luther King Jr. Boulevard and Hancock Street that gives perspective to the social and economic progress that has been made.