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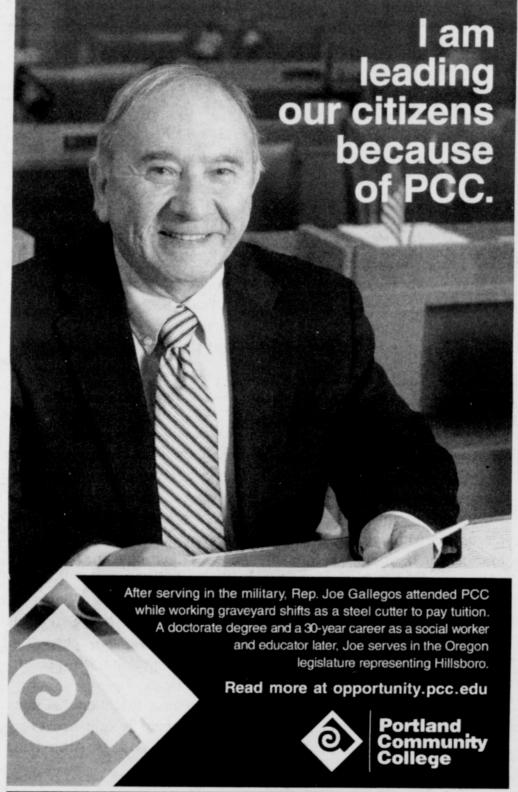




PHOTO BY DONOVAN M. SMITH/THE PORTLAND OBSERVER

Mashall Haskins, the new athletic director of Portland Public Schools, takes a stroll along the Jefferson High School track and football field in north Portland where he is greeted by the school's wrestling coach Montrial Brazzile and others.

Shaking Up Sports

continued A from front

in the position. He is the first-ever African American to hold the job in the state of Oregon.

The lifetime Portland resident and Jefferson alumni has long been committed to supporting youth. Before being appointed athletic director last month, Haskin's was vice principal at Jefferson, Wilson, and Franklin high schools. He coached two state Jefferson, and worked at the youthcentric non-profit Self Enhancement, Inc., as vice president for 15 a range of topics in relation to years.

Haskins said sports and education share a symbiotic relationship will be placed in a tutoring program in collaboration with their schools,

coaches, and parents.

Plans to increase the number of after Ross retired following 16 years female and disadvantaged youth who participate in athletic programs are also part of the new athletic director's vision.

Increasing the participation of parents in their children's academic and athletic life is something he has already made moves to achieve. Less than a month into his post, Haskins assembled a parent advisory meeting that will championship basketball teams at continue to meet quarterly. Parents from every school in the district are welcome as they discuss making sports better for the kids.

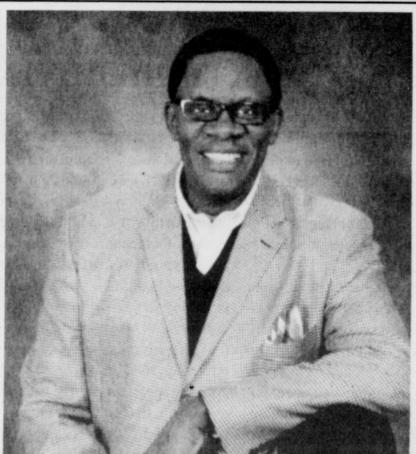
vive. The students competing must issues as a lack of athletic trainers; be passing classes to participate, he transportation cuts which make it said, and if they are not meeting the more difficult for teams to get to grade, the young student athletes away matches; and a shortage of coaches for freshman teams who often have students who are just

To have a successful year, Haskins says the school district will need to raise about a combined \$1.2 million for sports programs. He approximates the ball-park figure to how much the state has cut from sports funding in the last 5 to 10

"We want to restore the P.I.L. [Portland Interscholastic League] back to its glory days," he says.

Haskins has full confidence that an invigorated sports league can happen but only with the emotional and financial support from a wide range of people.

"If we have parents and whole Currently, sports in Portland communities coming together to schools face three major deficits, support kids, fundraising won't be where both need each other to sur- according to Haskins. He lists the an issue," he says. "We've started the conversation, so out of it should come some possible results that again will make sure kids have their academic choice and athletic opportunities across the board in our district."



Dr. Billy R. Flowers

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To help stop and even reverse bone

· Develop good body mechanics through exercises to improve your pos-

Eat a diet rich in calcium and vitamin D. Your doctor might prescribe a medication to help prevent further bone loss.

· Exercise regularly to help strengthen bones. Talk with a doctor to learn exercises you can safely per-

Consult a chiropractor if the curvature of your upper back causes pain or discomfort.

Flowers' Chiropractic Office

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