

POCH 26  
S2: F52

APPEALS AND COMMEMORATIONS

PORT CHICAGO NAVAL MAGAZINE NATIONAL  
MEMORIAL, ANNIVERSARY EVENT

2005



# 61<sup>st</sup> Anniversary of the Port Chicago Explosion

Sunday, July 17, 2005, 10:00 a.m.  
Port Chicago Naval Magazine National Memorial  
Concord, California

---

EXPERIENCE YOUR AMERICA

P.O. Box 280, Danville, CA 94526 [www.nps.gov/poch](http://www.nps.gov/poch)





(U.S. Navy)

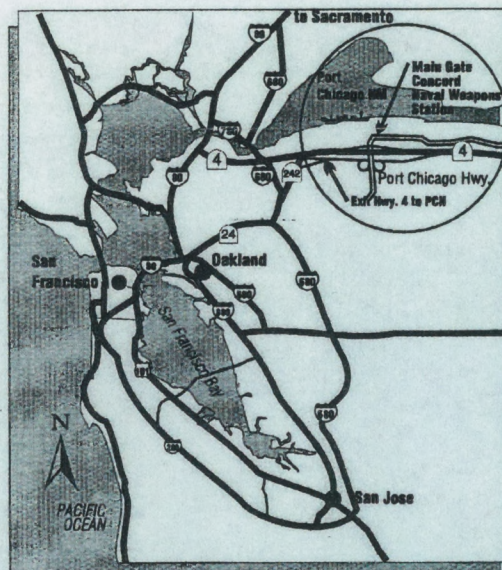
On this date, 61 years ago, 320 military and civilian men gave their lives in service to America when the munition ships they were loading mysteriously blew up

Today, we honor those men who gave their lives while supporting America's fight during World War II to keep our freedom

To attend this free event, RSVP with your name, phone number, and the size of your party to (925) 838-0249 or [poch\\_interpretation@nps.gov](mailto:poch_interpretation@nps.gov)

To board the required shuttle service to the commemoration event, arrive between 9:15-9:45 a.m. at the parking lot by the Weapons Station's main gate on Port Chicago Hwy

For current information, visit our website at [www.nps.gov/poch](http://www.nps.gov/poch)



#### LOCAL BEARINGS

**East Bay:** Take Interstates 580 or 880/980 N., to Hwy. 24 E., take 680 N., take Hwy. 4, exit to **Port Chicago Hwy. North (PCH)**, to Main Gate.

**South Bay:** Take I-680 N., take Hwy. 4 E., exit to PCH N. to Main Gate.

**Sacramento:** Take I-80 W., take I-680 S., take Hwy. 4 E., exit to PCH N. to Main Gate.

**Delta:** Take Hwy. 4 W., exit PCH N. to Main Gate.

**San Francisco/Peninsula:** Take I-101 to I-80 Bay Bridge, take Hwy. 24 East, take I-680 North, take Hwy. 4 East, exit to Port Chicago Highway North to Main Gate.





(NPS)

## Port Chicago Naval Magazine National Memorial

The Memorial is located on an active military base. Visits are arranged by advanced reservation only and are available Wed-Sat at 10:00 a.m. and 1:30 p.m. (allow 2 hours). Visit includes free shuttle and a guided tour. Allow two weeks to process your request.

For more information or to make tour reservations, call (925) 838-0249.



5/4/05 NPS / ~~Edgar O'Neill~~  
Pat Chmura

mtg w/ John Dell'osso  
Blank

David Blackburn, <sup>will be new</sup> <sup>Acting</sup> <sup>Interim</sup> <sup>Deputy</sup> <sup>Chief of interpretation</sup> <sup>at John m...</sup>

925-228-8860

Glenn's map being reviewed at office

in D.C.

cc copy comes to him → John Jarvis, regional director of NPS, is  
"very supportive" of permanent memorial

John D. said NPS interested in enlarging memorial  
site regardless of base closing (250 acres)  
Question of moving Chapel? John D. will  
allow yr.

\* Need to contact Concord NWS Commander re

- ① preserving the chapel (+ moving closer to site)
- ② Set up Visitors Ctr in officers' quarters (interim)

John D. will have NPS website link to ours

Richard ~~Peetles~~ Peppers — chief officer



## Port Chicago Committee

### Vision Statement

The Port Chicago National Memorial commemorates an event of major significance during World War II. On July 17, 1944, a devastating explosion took the lives of 320 persons. It was the largest home-front disaster during World War II. Most of those who died were young African American sailors. Other fatalities included Navy officers, crew members, Navy Armed Guards, civilian workers, as well as Marine and Coast Guard personnel. The explosion destroyed the base and severely damaged the nearby town of Port Chicago, injuring several hundred residents.

The ammunition loading workforce at the Port Chicago Naval Ammunition Depot was composed exclusively of African Americans. After the disaster some 258 of the black sailors engaged in a work stoppage on August 9, 1944 to protest the racial discrimination and unsafe working conditions at the base. Fifty of the sailors were charged with mutiny and convicted in the largest mutiny trial in U.S. Navy history. In the aftermath of the work stoppage, historic steps toward racial integration in the Navy were taken, encouraged by such figures as Eleanor Roosevelt, who used Port Chicago as an example of the need for desegregation in the military.

The Committee envisions a future Port Chicago National Memorial that will expand the current Memorial, located on the site of the explosion, and will encompass 250 acres of the former Port Chicago waterfront. The memorial site will include some of the railroad revetments and old boxcars from the 1940s period. The current base Port Chicago Memorial chapel, with stained glass windows depicting the WWII operations, will be maintained as a site for remembrance and reflection. The Memorial will pay tribute to those who died in the explosion. Educational programs will be provided focusing on the significance of the base operations towards the war effort, as well as the injustices of racial discrimination and segregation at the base prior to the explosion.

An interpretive visitor center will exhibit maps, photographs, memorabilia from survivors, and audio and video presentations on the history and significance of the base. Special interactive exhibits will be developed for school children. An audio-tour with voices of survivors will add to the information and emotional depth to the exhibits. A small auditorium will be included for lectures, video showings, and memorial events. Outreach efforts to local communities and schools will be organized to inform the public about site activities and encourage organized visits by school groups and others.

We invite your support to keep the story of Port Chicago alive by expanding the National Park Service Memorial and public services. For more information please contact:

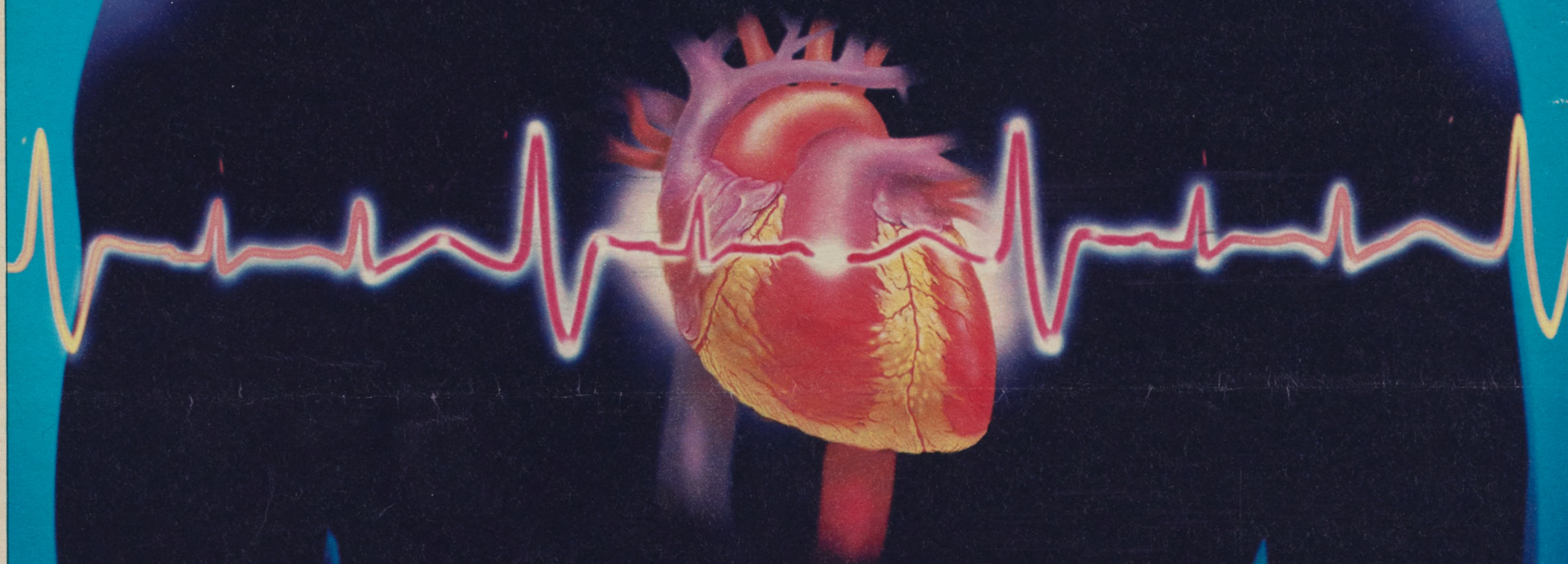
**Port Chicago Committee**  
c/o Unity Church of San Leandro  
501 Joaquin Avenue  
San Leandro, CA 94577







# PARADE



## How To Strengthen Your Heart

The one health report you can't afford to miss.

By Dr. Isadore Rosenfeld

Plus... Righting a Historical Wrong • Ask Marilyn's News Contest • Actress Portia de Rossi



Valentine's Day is  
Monday, February 14.

10 inches  
of hand-blown  
ruby red glass  
by Boccelli.



Flowers  
by  
Teleflora.



Together, the Big Red Bouquet.  
Send someone a happy Valentine's Day.

**teleflora.**

The gift that comes with flowers.

©2005 TELEFLORA

**HURRY IN NOW. LIMITED TIME OFFER.**

L A Z B O Y

**GREAT  
REBATE**

E · V · E · N · T

**NATIONWIDE SAVINGS  
Get LA-Z-BOY® REBATES**

worth up to **\$150**



**\$50  
REBATE**



**\$75  
REBATE**



**\$100  
REBATE**



**\$150  
REBATE**

**\$50 REBATE**

\$25 INSTANT REBATE + \$25 LA-Z-BOY MAIL-IN REBATE  
ON SELECT LA-Z-BOY RECLINERS & CHAIRS!  
Valid from Feb. 2 through Feb. 23, 2005,  
on select styles.

**\$75 REBATE**

\$37.50 INSTANT REBATE + \$37.50 LA-Z-BOY MAIL-IN REBATE  
ON ALL LA-Z-BOY LEATHER RECLINERS & LEATHER  
CHAIRS, PLUS SOFAS & LOVESEATS, INCLUDING  
RECLINING SOFAS & SLEEP SOFAS!  
Valid from Feb. 2 through Feb. 23, 2005, on select styles.

**\$100 REBATE**

\$50 INSTANT REBATE + \$50 LA-Z-BOY MAIL-IN REBATE  
ON ALL LA-Z-BOY LEATHER SOFAS & LEATHER  
LOVESEATS, INCLUDING LEATHER RECLINING  
SOFAS & SLEEP SOFAS!  
Valid from Feb. 2 through Feb. 23, 2005,  
on select styles.

**\$150 REBATE**

\$75 INSTANT REBATE + \$75 LA-Z-BOY MAIL-IN REBATE  
ON ALL LA-Z-BOY SECTIONALS &  
MOTION-MODULARS® SEATING GROUPS,  
INCLUDING LEATHER!  
Valid from Feb. 2 through Feb. 23, 2005,  
on select styles.

©2005 La-Z-Boy Incorporated

Go to [www.lazboy.com/greatrebate](http://www.lazboy.com/greatrebate) to find out more about this promotion and to find a dealer near you.  
Rebate event runs February 2–February 23, 2005.

\*\$50 rebate per piece on modular groups, up to a maximum total rebate of \$150 per household on modular groups. With other products, multiple rebates may be used on purchases of multiple products. Offer good on select styles purchased from authorized dealers between the above dates. No substitutions or rain checks. Rebate claims must be received by La-Z-Boy by 4/30/05. Offer void where prohibited by law. Other rules and restrictions apply. See store or website for details.



More than 60 years ago, a group of African-American sailors was dishonored by the U.S. Navy in one of the greatest miscarriages of justice in our history.

# Isn't It Time To Right The Wrong?

By Tom Seligson



**Survivors of the explosion,** Percy Robinson (l) and Robert Routh, today. In 1944, they were sailors who worked loading ammunition at the port. Below: Robinson (circled) and a crew transfer deadly cargo at the time, while a white officer looks on.



IN THE SUMMER OF 1944, PORT CHICAGO—a Navy base 30 miles northeast of San Francisco—was the scene of a devastating explosion. Hundreds of lives were lost in what's considered the deadliest home-front disaster of the war. Most of the dead and injured were African-Americans, put in harm's way by a segregated military little concerned for their safety. Worse, racism lay at the heart of the disaster and later of an event that has been called one of the biggest miscarriages of justice in our history.

At the time, Port Chicago was the busiest ammunition depot on the West Coast. The sailors worked around the clock, loading bombs, depth charges and torpedoes onto ships headed for the Pacific theater. In the segregated U.S. Navy, the job of loading the deadly ammunition was performed only by black sailors. "To find yourself loading ammunition was a disappointment," recalls Robert Routh, an African-American sailor from Memphis

who was 19 at the time. "We all wanted to be actually fighting. But we knew that what we did was essential to the war."

Essential but risky. "Loading ammunition was extremely dangerous," explains Robert L. Allen, author of *The Port Chicago Mutiny* and the foremost authority on the events. "The sailors were given no training for it. On top of that, it was common practice for the officers to pit the men against each other, betting to see who could load their boat the fastest."

A Coast Guard detail working at the port warned the Navy that these unsafe conditions could lead to a disaster. The Navy re-

fused to change its procedures, and the Coast Guard withdrew its men.

## The Night Calm Was Shattered

On the evening of July 17, 1944, two cargo ships were tied up at the pier. The *E.A. Bryan* was almost fully loaded with 4600 tons of cluster bombs, depth charges and 40 millimeter shells. The *Quinalt Victory* had just docked. Robert Routh and fellow sailor Percy Robinson, 18, from Chicago, were in their barracks. At 10:19, the night calm was shattered.

"I was in my bunk when the explosion occurred," recalls Robinson. "I was looking out the window, and all of a sudden everything turned to sunlight. I jumped up to see what was happening, and then I felt the concussion. I instinctively covered my face with my arms. Then a second explosion lifted me up and knocked me to the floor."

Robert Routh also turned toward the window at the first explosion. "It was the greatest fireworks you ever wanted to see," he

**In a segregated Navy, only black sailors loaded ammunition at Port Chicago. When an explosion blew it up, 202 of them were killed.**

**Where it happened.** Port Chicago—30 miles northeast of San Francisco—was the busiest ammunition depot on the West Coast in 1944.



recalls. It also was the last thing he ever saw. "With the second explosion, glass went everywhere. It was a combination of the glass and the concussion that destroyed my eyes."

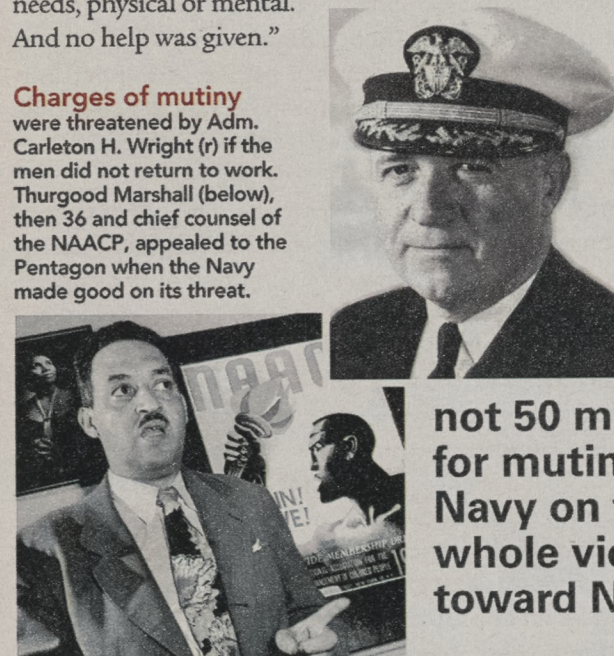
The second explosion was so powerful that seismographs at Berkeley recorded it as an earthquake. The *E.A. Bryan* was blown into tiny pieces. The *Quinalt Victory* was ripped apart, and Port Chicago's wooden pier was completely destroyed. The human cost was even worse. Everyone on the pier and aboard the two ships was killed. Of the 320 fatalities, 202 were black. And of the 390 injured, 233 were black.

As bad as it was, though, the disaster might not have made history if it weren't for what followed.

## The Navy's Insult

A Navy court of inquiry ruled out sabotage. It heard testimony about the unsafe conditions at the port, but its final report absolved the white officers of any responsibility and blamed the tragedy on "rough handling" of the explosives by the black sailors. Then the white officers were granted 30-day leaves. "None of the black sailors were granted leaves," says Robinson, who suffered lacerations to his face, head and arms. "I requested 30 days of leave, which you're entitled to if you're wounded. I was turned down." Instead, they were given the grim task of collecting the remains of their fellow sailors. "You can imagine the psychological impact this had," says Routh. "My loss of sight was traumatic, but everyone had traumatic needs, physical or mental. And no help was given."

**Charges of mutiny** were threatened by Adm. Carleton H. Wright (r) if the men did not return to work. Thurgood Marshall (below), then 36 and chief counsel of the NAACP, appealed to the Pentagon when the Navy made good on its threat.



**"This is not 50 men on trial for mutiny. This is the Navy on trial for its whole vicious policy toward Negroes."**

—Thurgood Marshall

**Ruins of the pier on the Port Chicago waterfront** the day after the explosion. The black sailors who survived the blast were soon ordered back to work loading ammunition. Those who refused to resume the dangerous duty were locked up.



## HUNDREDS KILLED IN EXPLOSION OF 2 FRISCO BAY AMMUNITION SHIPS

## The Sailors Take a Stand

Instead, three weeks after the explosion, the black sailors were ordered back to work. But the men had had enough. Of the 328 ordered to resume loading ammunition, 258 refused. Routh's blindness had ended his military service, but Robinson—just released from the hospital—was among those who balked. "We all had our reasons for not going back to work," he explains. "Some were afraid of another explosion. I was angry that they wouldn't let me go home."

All 258 black sailors were locked up on a barge. "A few days later, we were led out and addressed by the admiral [Carleton H. Wright]," recalls Robinson. "He told us that if we didn't go back to work, we would be charged with mutiny. And mutiny is punishable by death by a firing squad. I believed he meant it, so I was one of 208 men who stepped forward. I was put in prison anyway. I was charged with disobeying an order." The 50 sailors who still refused to go back to work were, in fact, charged with mutiny.

## Mutiny Charged

It was the largest mass-mutiny trial in U.S. Navy history. "Their lawyer was a ju-

nior officer going up against senior officers," explains Robert L. Allen. "He took the position that the men were in shock and fear, and that led to a work stoppage. There was no conspiracy to commit mutiny. This was nothing but a peaceful sit-down strike." The trial received a lot of attention and was followed closely by Thurgood Marshall, the future Supreme Court justice who was then chief counsel for the NAACP.

Fully aware of the conditions at Port Chicago and how segregation, unfair treatment and discriminatory orders had contributed to the incident, Marshall noted: "This is not 50 men on trial for mutiny. This is the Navy on trial for its whole vicious policy toward Negroes."

## Injustice Continued

But after 32 days of hearings, the court deliberated only 80 minutes before finding all the sailors guilty. They were sentenced to 15 years in prison. The 208 sailors who had initially joined them were imprisoned for 90 days, then given summary courts-martial and bad-conduct discharges.

The verdicts caused a public uproar in black communities. Thurgood Marshall appealed the case to the Pentagon, and even Eleanor Roosevelt became involved. But the Navy refused to reconsider the convictions. It wasn't until 1946, in the general euphoria over the end of the war, that the Port Chicago sailors—along with many other imprisoned servicemen—were granted clemency and released.

Ironically, from behind bars, the accused had helped to achieve some of their objectives. "With all the protests, the Navy realized it had a public-relations problem," says Allen. "They brought in white sailors to help load ammunition. This began the process of desegregation in the Navy."

The survivors of Port Chicago returned home, but what had happened to them continued to weigh on their lives. "Many of the men were still living with continued

## What You Can Do

To support a stamp in memory of those who lost their lives at Port Chicago, contact your U.S. Representative and/or the Citizens' Stamp Advisory Committee, Stamp Development, U.S. Postal Service, 1735 N. Lynn St., Room 5013, Arlington, Va. 22209-6432. For more on an advocacy group that is working to clear the sailors' mutiny convictions, visit [www.equaljusticesociety.org/portchicago](http://www.equaljusticesociety.org/portchicago) on the Web.

For links to Congress and others cited above, visit [www.parade.com](http://www.parade.com) on the Web.



a sense of humiliation and shame over their being imprisoned for mutiny," Allen says.

"I didn't tell anyone about my court-martial," says Percy Robinson, now 79. "Not even my wife."

## Can We Set This Right?

For more than 15 years, Rep. George Miller (D., Calif.), whose district includes the old port, has joined others in trying to clear the names of the men. "This was a miscarriage of justice based on the racism of the time," Miller says. "What these men did by disobeying were acts of personal courage."

The Navy did review the cases in 1994, but it upheld the



Keeping up the fight is Rep. George Miller (rear, in shirt), who has continued to pressure the Navy and Congress to clear the names of the 50 sailors charged with mutiny. Here, he's honored by members of the World War II Black Navy Veterans of Great Lakes for his efforts.

**"The Navy keeps saying the trials were fair. Well, the trials only took place because the sailors were African-American."** —Rep. George Miller

original convictions. "The Navy has a lot of trouble admitting mistakes," says Miller. "They keep saying the trials were fair. Well, the trials only took place because the sailors were African-American. They would not have been on trial if they hadn't been."

Finally, in 1999, President Clinton granted a pardon to one of the only surviving Port Chicago sailors convicted of mutiny—Freddie Meeks.

Percy Robinson's defiant spirit (he was once a boxer) is still evident. He told his lawyers he didn't want a pardon to erase the court-martial on his record. "A pardon means I'm forgiven for something I did wrong. I don't think I did anything wrong," he asserts. After 35 years as a research scientist in Los Angeles, Robinson is now on his second career as a commercial photographer.

Despite his blindness, Robert Routh went back to school, eventually earning a master's degree at Pepperdine University. Robust and good-humored, he still works full-time as a benefits counselor with the Department of Veterans Affairs.

Port Chicago itself no longer exists. The site of the explosion is now part of the Concord Naval Weapons Station, which is used by the Army. The only sign of the tragedy that once occurred here are the pilings from the old pier.

In 1994, a monument was built and a chapel dedicated to commemorate the men who lost their lives. To further honor the memory of those men, there is an ongoing campaign to support the issuance of a Port Chicago stamp by the U.S. Postal Service. Forty members of Congress already are behind the initiative.

"A stamp will help make people aware of the great injustice that was done here," believes Robert L. Allen. "It would be an appropriate way to recognize this tragedy and honor these men."

PHOTO COURTESY OF REP. GEORGE MILLER



**LORI ABSOLUTELY LOVED THE GIFT RECEIPT.**

Gifts or no, Lori likes flexibility in the things she owns. That's why, with no long-term contracts, she loves her TracFone® TracFone also features nationwide long distance, voice mail, caller ID, call waiting and text messaging, as well as no bills or credit checks. TracFone. It's for you.

Walmart.com Not available in some locations. Model may vary by store.

**WAL-MART**  
ALWAYS LOW PRICES.  
*Always*



## Taking Our Pulse

The PARADE/Research!America Health Poll

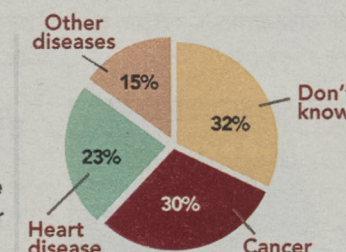
Americans are increasingly aware of the importance of taking preventive measures to ensure heart health, according to the latest poll by PARADE and Research!America, a nonprofit public-education and advocacy group that promotes medical research. The poll was conducted by the Charlton Research Co.

# What Americans Know About Heart Disease

**What disease is the most common cause of death in the U.S.?**

Nearly half (47%) of those polled named heart disease as the leading cause of death, while 33% said cancer. In reality, cancer surpassed heart disease as the No. 1 killer of Americans under 85 (98.4% of the population) for the first time in 2002. The drop in deaths from heart disease can be attributed in part to fewer smokers, better surgical techniques and improved drugs.

**Have you and your doctor ever discussed how to keep your heart healthy?**  
Nearly 65% said they have had such a conversation.



**What disease or condition do you believe we have made the most progress in preventing, treating and curing?**

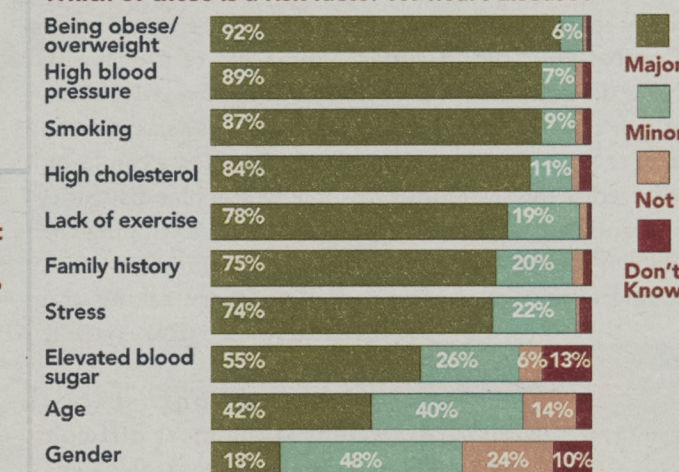
Most of those polled were unaware that research has made significantly more progress preventing and treating heart disease than other diseases. Cardiovascular disease is the only group of

diseases for which the mortality rate has decreased dramatically in the last half-century; in many cases, research has turned it from a killer into a chronic disease or found ways to prevent it altogether.

**Have you changed your own behaviors in an effort to lower your risk of developing heart disease?**

Although 73% replied that they had changed their behavior, obesity—a major risk factor—has increased in the United States. Still, the numbers reflect that many Americans are making lifestyle changes.

**Risk factors are behaviors or conditions that make it more likely for a person to develop a disease. Which of these is a risk factor for heart disease?**



Clearly, Americans recognize the major risk factors for heart disease.

For more results of this poll, visit [www.researchamerica.org](http://www.researchamerica.org) on the Web.

Our poll of 1000 people, representing a cross-section of Americans, has a sampling error of ±3.1%.

**Mrs. Dash**

American Heart Association

Learn and Live

**CHOOSE TO MOVE**

Mrs. Dash is a proud sponsor of the American Heart Association's Choose To Move program.



Visit [mrsdash.com](http://mrsdash.com) for more details.

**Mrs. Dash**  
Salt-Free, Flavor-Full  
No MSG

For each Mrs. Dash® purchase, a \$.10 donation will be made to the American Heart Association's Choose to Move program.\*

\*For purchases made from Feb. 1, 2005 to July 31, 2005. Up to a maximum donation of \$340,000 by Alberto-Culver USA, Inc. Contribution is not tax deductible. Visit [mrsdash.com](http://mrsdash.com) for full details.

2005 ALBERTO-CULVER USA INC., MELROSE PARK, IL 60160

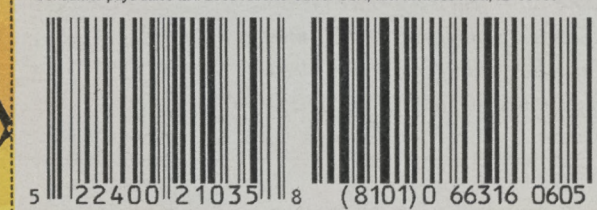


MANUFACTURER'S COUPON EXPIRES 06/01/05

Retailer: Alberto-Culver USA, Inc. will reimburse you for face value of coupon plus 8 cents if submitted in compliance with our Coupon Redemption Policy, available upon request. Cash value 1/100cents. Mail to Alberto-Culver USA, Inc., CMS Dept. 22400, One Faucet Drive, Del Rio, TX 78840. Limit one per purchase. Void where copied or prohibited, taxed or restricted. Valid only in the U.S.A. and APO, FPO post office addresses. Consumer pays sales tax. 2005 Alberto-Culver USA, Inc. Melrose Park, IL 60160

**SAVE 35¢ NOW!**

OFF ANY MRS. DASH® SEASONING BLEND





# 2005 The Year Of The Heart

## Heart Health | continued

were common with the older drugs. Normalizing blood pressure greatly reduces the risk of both stroke and heart attack by slowing down the formation of

arterial plaques that narrow the blood vessels everywhere in the body—especially in the brain, heart, kidneys, eyes and legs.

**Control your blood sugar.** Almost 80% of people with diabetes die of some form of heart or blood-vessel disease. That risk can be reduced by keeping sugar levels as close to normal as possible. We also now have identified a condition called prediabetes. Millions of people whose blood sugar is only slightly elevated can be protected from developing the full-blown disease—and its life-threatening complications—by losing weight, exercising and, if necessary, taking oral medication to lower their blood sugar.



Like any muscle, the heart is strengthened by exercise.

**To lose weight, calories in should be less than calories out. That means exercising to burn the calories you do consume.**

utes a day on most days of the week to do it.

Here's the bottom line: Cardiovascular diseases remain the No.1 cause of death in this country. Thanks to modern advances in prevention and treatment, they really don't have to be. You don't have to go it alone. Heart health should be a joint venture with your doctor, who is best suited to help you.

PARADE Health Editor Dr. Isadore Rosenfeld is a former member of the advisory panel to the U.S. Secretary of Health and Human Services. He also is the author of nine best-selling books. His latest is "Dr. Isadore Rosenfeld's 2005 Breakthrough Health" (Rodale).

## If You Think You're Having a Heart Attack

Some heart attacks are sudden and intense—the kind you see in the movies, where everyone immediately knows what the problem is. But most real-life heart attacks start slowly, with mild pain or discomfort. Often the patient isn't sure what's wrong and may wait too long before seeking help.



When a heart attack strikes, call an ambulance. Paramedics save lives.

### What To Do

☐ **Get to a hospital right away.** If you or someone you are with has chest discomfort, especially with one or more of the other warning signs of a heart attack, don't wait longer than five minutes before calling for help.

☐ **Phone 911.**

This is almost always the fastest way to get lifesaving treatment. The emergency medical services (EMS) staff can arrive as much as an hour sooner than someone traveling to the hospital by car. The paramedics on the staff are trained to revive someone whose heart has stopped.

☐ **If you can't reach the emergency medical services, have someone drive you to the hospital right away.** Do not drive yourself.

### Warning Signs

Here are some of the signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that either persists or comes and goes. It can be a sensation of pressure (like someone sitting on your chest), squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** There may be pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** A feeling of being unable to catch your breath may accompany the chest discomfort or occur without it.
- **Other warning signs may include** breaking out in a cold sweat, nausea or light-headedness.

## >> For More on Heart Health

**American Heart Association**  
Learn and Live™

Visit [www.americanheart.org](http://www.americanheart.org) to learn about the American Heart Association's Go Red for Women campaign, which encourages women to protect their heart health. You'll also find learning tools and more on prevention, diagnosis and treatment of heart disease. Or call 1-888-AHA-2222. And visit [www.parade.com](http://www.parade.com) for more on The Year of the Heart.

PHOTOS BY GOMEZ/MASTERFILE (WOMAN JOGGING); MODEL POSED FOR ILLUSTRATIVE PURPOSES ONLY; AND GETTY IMAGES (PARAMEDICS); MODELS POSED FOR ILLUSTRATIVE PURPOSES ONLY

## Ionic Breeze® Quadra® air purifier is silent...and \$20 off with this ad!



Ionic Breeze® Quadra® is the number-one selling air purifier in America, with top ratings for user satisfaction! Here's why:

**It's silent!** Only Ionic Breeze® circulates air electronically — with no motor, no fan and no noise whatsoever. Why trade air pollution for noise pollution?

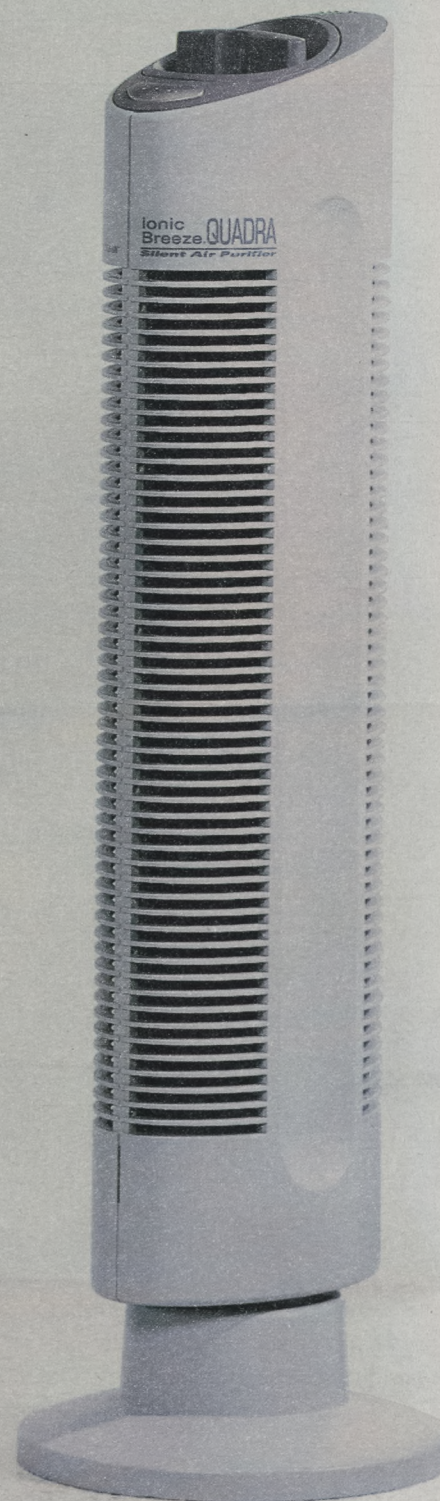
**It works!** Only Ionic Breeze air purifiers have the Seal of the Asthma and Allergy Foundation of America® and the endorsement of the British Allergy Foundation.



**No filters!** Ionic Breeze traps airborne contaminants on permanent collection blades that slide out for easy cleaning.

**Cleans 24-7!** Silence and low power needs mean Ionic Breeze is designed for continuous use in a bedroom, entertainment room, living room, dining room, home office or any room where people spend time and want to breathe cleaner air without being disturbed by noise.

**Saves money!** The price of quality air purifiers may seem the same but there are huge hidden costs. The money you'll save on electricity — and not buying filters — should add up to over a thousand dollars in the first few years of ownership. As for those cheaper ionic imitators, they simply don't do the air-cleaning job!



**Most trusted brand.** Ionic Breeze is America's most trusted major brand of room air purifier.\*

**Tops in user satisfaction.** Ionic Breeze has earned America's highest satisfaction ratings among all major air purifier brands.\*

**Best value for the money.** Ionic Breeze is America's top-rated air purifier in terms of "value for the money."\*

**Highest repurchase rate.** Ionic Breeze is America's most likely brand to be purchased as the second unit in the home.\*

ACNielsen \*September 2003 national survey

Ionic Breeze® Quadra® Silent Air Purifier is a proven efficient electrostatic air cleaner with stainless steel collection blades that slide out for easy cleaning. The attractive, lightweight, discreet air purifier stands 27 inches tall and weighs only 5½ lbs. Five-year warranty. Choose from two colors: Light Gray or Black. Created by Sharper Image Design.

**Ionic Breeze® Quadra® Silent Air Purifier**  
(#SI637) ~~\$349.95~~

Only **\$329.95**  
Save \$20 with this ad!

Purchase a 2<sup>nd</sup> Quadra®  
for only \$174.98. Save 50%!



### FREE GIFT!

Ionic Breeze® Air Freshener for Bathrooms  
**\$69.95 value**

FREE with first purchase of one Ionic Breeze® Quadra® air purifier through March 31, 2005.



## SHARPER IMAGE®

**3 WAYS TO SAVE YOUR \$20**

PHONE **1-800-344-4444** (code 24692)

ONLINE [www.sharperimage.com/offers/24692](http://www.sharperimage.com/offers/24692)

STORE Bring this ad for your gift with purchase.(POS 24692)

### FREE SHIPPING!

More than 180 Sharper Image stores nationwide. Call or go online for locations and telephone numbers. Offer good through March 31, 2005.

Copyright © 2005 Sharper Image Corporation (NASDAQ: SHRP)





On the morning of the day we spoke, a gossip column, Page Six in the *New York Post*, ran a heavy-breathing item about the romance between Portia and talk-show host Ellen DeGeneres. Portia did not want to discuss it. Instead, she talked about how she got her start in Melbourne, Australia, where she grew up. "I was in law school, modeling to make money," Portia told me, "when I was cast in a film called *Sirens* with Hugh Grant." That did it for law school. At 22, Portia moved to L.A. Eventually she landed a role in *Scream 2* and then on *Ally McBeal*. I asked what she does to stay fit. "I ride horses," she answered. "I just bought a 6-year-old hunter/jumper. And, yes, I jump him." Does she compete? "I'm in training," she said. So maybe she'll be riding at Madison Square Garden sometime, and we could go for coffee. "Sure, who knows?" she said. "If so, I'll buy."

For more on Portia de Rossi, visit [www.parade.com](http://www.parade.com) and click on "In Step With."

## InStepWith® Portia de Rossi

By James Brady

**A**RRESTED DEVELOPMENT, with its extraordinary ensemble cast, may be the wackiest show on TV—and certainly the funniest. It won the 2004 Emmy for Outstanding Comedy Series, and one reason is the delightful Portia de Rossi, who plays Lindsay Fünke, the screwball married sister of the Bluth family.

I recently spoke with Ms. de Rossi, who previously played lawyer Nelle Porter on *Ally McBeal* for four seasons. Any similari-

ties between the two Fox shows?

"This one is not so rigid as shows like *Ally*," said Portia. "Ron [Howard, one of *Arrested*'s executive producers] wanted to do a single-camera show with no laugh track, flat-lit, like a mock documentary. The most exciting thing about *Arrested Development* is,

### Personal

Born Jan. 31, 1973, in Melbourne, Australia. Single.

### Television

Includes *Too Something*, 1995; *Nick Freno: Licensed Teacher*, 1996-97; *Ally McBeal*, 1998-2002; *Arrested Development*, 2003-.

### Films

Include *Sirens*, 1994; *The Woman in the Moon*, 1996; *Scream 2*, 1997; *Girl*, 1998; *The Invisibles*, 1999; *Stigmata*, 1999; *Who Is Cletis Tout?*, 2001; *I Witness*, 2003; *Dead & Breakfast*, 2004; *Cursed*, 2005.

if you're on the set, you're on camera. You can never let your guard down."

How did Portia get involved? "After *Ally*, it landed on my desk," she said, "and I knew instantly that I wanted this job. I never laughed so hard as when I read the pilot script. I auditioned specifically for the role of Lindsay."

In one Sunday-night episode, the Bluth patriarch (Jeffrey Tambor), on the run from prison for shady account-

**Meet Portia de Rossi—**  
**one of the funniest**  
**members (and surely the**  
**prettiest) of the inspired**  
**and totally wacky**  
**Sunday-night hit comedy**  
***Arrested Development*.**

ing, was hiding in the attic wearing maternity clothes that had belonged to the dead wife of his son Michael (played by Jason Bateman, who just won a Golden Globe for his role) as FBI men prowled their Orange County home seeking weapons of mass destruction. Meanwhile, Portia's character was hitting on a teen stud classmate of her daughter, Maeby. None of this makes much sense, but it gets the laughs.

In addition to her TV show, Portia recently took a cameo role in a werewolf movie called *Cursed*—due out later this month—because she wanted to work for director Wes Craven. "I enjoyed playing an uptight professional woman," she said of her role. "It was such a refreshing change."

Still, Portia is most excited about her hit TV series. "I find this show to be the most freeing I've ever done," she told me. "Fox has been wonderful. It's such a great cast.

"And you know," she added, "we're not all as crazy as we seem on the show."

★  
Expertly crafted in solid  
sterling silver  
and finished in  
brilliant 24-karat gold

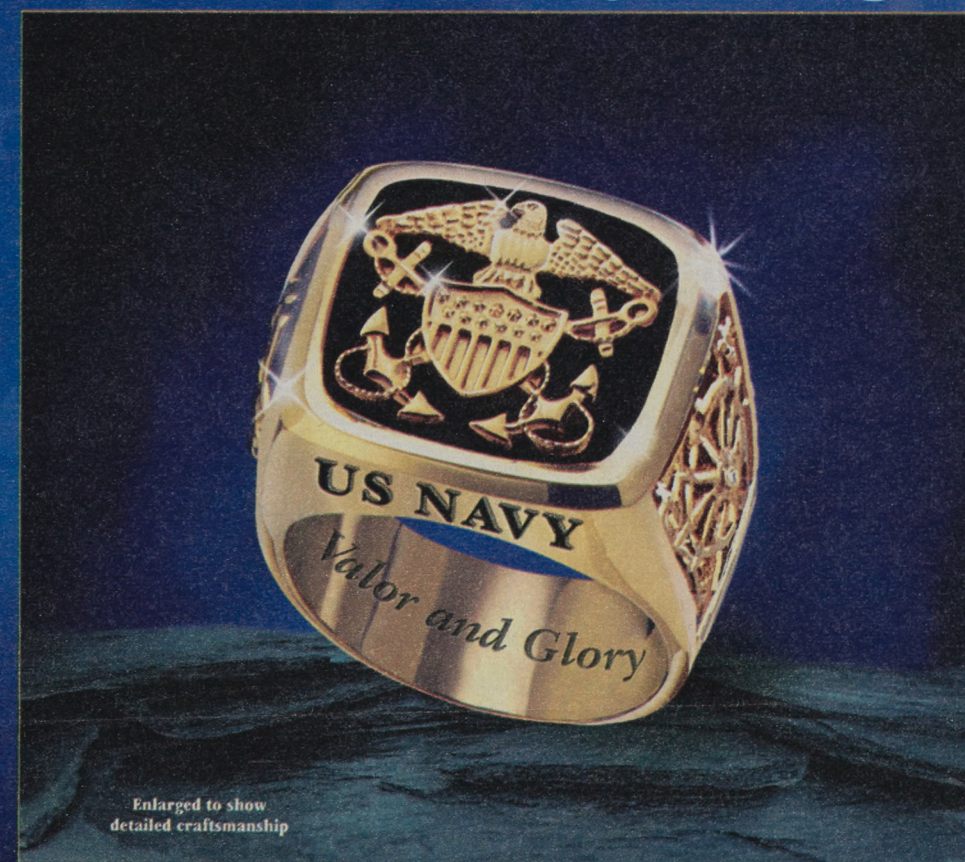
★  
Featuring dramatically  
detailed Navy symbols  
of honor

★  
Genuine black onyx  
center stone



A bold and distinctive  
ring from any angle

## Valor and Glory The U.S. Navy Ring ...



Enlarged to show  
detailed craftsmanship

## ...wear it with pride!



Arrives in a velvet presentation case  
with Certificate of Authenticity

Every good sailor who has put on the uniform has worn it proudly, knowing that throughout history there has been no military force more formidable than the U.S. Navy. Stationed around the globe, this distinguished group stands tall and always at the ready.

### A Singular Achievement in Craftsmanship and Design

Now, there is an equally distinctive service ring that Navy seafarers would be as proud to wear as their uniform—"The U.S. Navy Ring." Individually crafted of solid sterling silver, each ring is finished in gleaming 24-karat gold. At its center, a 24K-gold-plated Navy symbol with crossed anchors, eagle and flag stands against an inlay of genuine black onyx. Other significant Naval emblems are sculpted in relief on each side, and as a final touch the ring is engraved with the words Valor and Glory and U.S. NAVY.

### An Outstanding Value and Your Satisfaction Guaranteed

The perfect way to show your allegiance to the Navy, or a great gift for the sailor in your life, this dramatic ring can be yours for just \$99, payable in 3 convenient installments of \$33 (plus a total of \$9 in shipping/service). To have a ring specially commissioned in your name, and backed by our unconditional 60-day guarantee, send no money now. Just fill out and send in the coupon.

[collectiblestoday.com](http://collectiblestoday.com)

Home of The Bradford Exchange and All Things Collectible

Neither the U.S. Navy nor any other component of the Department of Defense has approved, endorsed, or authorized this product.

### LIMITED TIME OFFER

Commissions will be accepted on a first-come-first-served basis. So please respond as soon as possible to reserve "The U.S. Navy Ring."



### Your Complete Satisfaction Guaranteed

To assure a proper fit, a ring sizer will be sent to you after your commission has been accepted. Illinois residents add state sales tax. Prices higher in Canada. Please allow 4-6 weeks for delivery of your ring after we receive your initial deposit.

### PRIORITY COMMISSION AUTHORIZATION

FOR "The U.S. Navy Ring"

**YES.** I wish to commission "The U.S. Navy Ring" to be designed for me as described in this announcement.

Signature \_\_\_\_\_ All commissions are subject to acceptance

Mr. Mrs. Ms. \_\_\_\_\_ Name (Please Print Clearly)

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

01-00533-001-E90596

THE BRADFORD EXCHANGE  
P.O. Box 806, MORTON GROVE, IL 60053-0806



# NEW

## INTRODUCING THE BOSE® WAVE® MUSIC SYSTEM.

**PERFORMANCE** everyone can recognize.

**SIMPLICITY** everyone can appreciate.

**ELEGANCE** that speaks for itself.



**ITS HERITAGE** *Popular Science* called the original Bose Wave® radio "a sonic marvel." The *Chicago Tribune* said its sound was "superb." And *Forbes ASAP* magazine placed it on their "All-Time A-List" of technology breakthroughs that have changed the world. Now, the award-winning predecessor has been engineered to a new standard of performance, simplicity, and elegance.

### ITS NEW PERFORMANCE

- Reproduces one-half octave lower musical notes.
- Produces even greater instrument clarity and definition.
- Plays the newer MP3 CDs as well as conventional CDs and of course, FM/AM radio. (MP3 CDs can contain as many as ten standard CDs on just one disc.)
- David Novak, the Gadget Guy, says, "It can easily replace whatever component system you currently have."

**FREE**  
shipping with  
your order.

### ITS NEW SIMPLICITY

- No buttons! It is completely and conveniently controlled by a small, elegant remote control.

### ITS NEW ELEGANCE

- The original model has been repeatedly praised for its distinctive design. The new model has carried this design to an unprecedented level with the absence of all buttons.
- A thin, slot-loaded CD player replaces the previous top door mechanism.

**NEW BOSE PAYMENT PLAN AND A 30-DAY EXCITEMENT GUARANTEE.** Use your own major credit card to make a low down payment and 11 convenient monthly payments, with no interest charges from Bose.\* Our Excitement Guarantee lets you experience the new Wave® music system for 30 days risk free. During this trial period please compare, side by side, the sound to that of larger and more expensive sound systems owned by you or your friends. You will appreciate our request when you make this comparison.

TO ORDER OR FOR INFORMATION CALL  
**1-800-400-3650**, ext. TF847

Discover all our innovative products at  
**[www.bose.com/tf847](http://www.bose.com/tf847)**

**BOSE®**  
Better sound through research®

\*Bose payment plan available on orders of \$299-\$1500 paid by major credit card. Down payment is 1/12 the product price plus tax. Then, your credit card will be billed for 11 equal monthly installments with 0% APR and no interest charges from Bose. Credit card rules and interest may apply. U.S. residents only. Limit one active financing program per customer. ©2004 Bose Corporation. Patent rights issued and/or pending. The distinctive design is also a registered trademark of Bose Corporation. Financing and free shipping offer not to be combined with other offers or applied to previous purchases, and subject to change without notice. Risk free refers to 30-day trial only. Delivery is subject to product availability. Quotes are reprinted with permission: Marcelle M. Soviero, *Popular Science*, 12/93; Rich Warren, *Chicago Tribune*, 8/27/93; *Forbes ASAP* (in reference to the original Wave® radio), 11/27/00.