

# OPINION

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\* you must be present at this session to receive an application.



**African American Health Coalition, Inc.**

## Wellness Within REACH Activity Calendar

### Aerobics

**Mallory Ave. Christian Church**  
Mon, Wed, Fri, 6-7am, Pierce • 5:30-6:20pm, Granville • 6:30-7:30pm, Nickerson

**Humboldt Elementary**  
Tue, Thu, 6-7pm, Keller

### Low Impact Aerobics

**Daniel's Memorial Church**  
Tue, 7:15-8:15pm, Granville

### Water Aerobics (Contact AAHC)

**Salvation Army**  
**Matt Dishman**

### African Dance

**Matt Dishman**  
Sat, 10-11am, Addo

### Body Conditioning

**Wild Oats Market**  
Sat, 9:30-10:30am, Nickerson

### Yoga

**Matt Dishman**  
Mon, 12:15-1:15pm, Jenkins

### Stretching/Body Sculpting

(Class courtesy of Matt Dishman)

**Matt Dishman**  
Tue, Thu, 7-8am, Lois

### Walking Group

**Peninsula Park**  
Sat, 12:30pm, Woods

### Weight Mgmt./Conditioning

**U. of Portland Indoor Track**  
Tue, Thu, 9-10am, Hasan

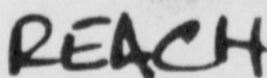
### Yoga

**Wild Oats Market**  
Tue, Thu, 7:30-8:30pm, O'Rourke

**Daniel's Memorial Church**, 1234 NE Killingsworth (12th & Killingsworth)  
**Humboldt Elementary**, 4915 N Gantenbein  
**Mallory Avenue Christian Church (Gym)**, 126 NE Alberta

**Matt Dishman**, 77 NE Knott  
**Peninsula Park**, 700 N Portland  
**Salvation Army**, 5325 N Williams  
**U. of Portland Indoor Track**, 500 N Willamette  
**Wild Oats Market**, 3535 NE 15th

\*\*Must be 21 or older to participate. Please contact AAHC before showing up to the first class and for more information at 503-413-1850 or kdempsey@aa-hc-portland.org. Please receive approval from your doctor before beginning exercise class.



**Racial and Ethnic Approaches to Community Health**  
A Program of the African American Health Coalition, Inc.  
Sponsored by the Centers for Disease Control and Prevention (CDC)

Contact AAHC at 503-413-1850 or visit our web site at [www.aa-hc-portland.org](http://www.aa-hc-portland.org)

## Posey for Portland Mayor

The following is a Portland Observer editorial:

James L. Posey has earned our endorsement for election as Mayor of Portland.

The long-time northeast Portland businessman has kept issues important to minority populations before the public. He has a long record as a community leader who understands the need for business development to create jobs and social justice to protect our most vulnerable citizens.

You can count on Posey to push



James L. Posey

for a highly professional and ethical police force.

He has extensive experience in affirmative action through his many years of work in local construction and local government contracts.

Finally, we are impressed with Posey's tireless and honorable campaign. He has spoken on the issues clearly and passionately, attending nearly every community event and debate in this year's mayor's race.

James Posey is one of us and he deserves our support.



## Hope in the 'Hood

Worst of violent times can still bring peace

BY KRIS RICHARDS

A few months ago on a Friday night I was watching the news, but it was so negative I had to switch channels. I turned to 20/20 and watched a very moving story of a young man from the inner city. He was in the Marines to earn a way to college and escape a difficult setting in Long Beach.

Captain Sok Khak Ung fought bravely in Iraq, where he received a Purple Heart for assisting in the rescue of Jessica Lynch. The irony is he survived the battles of Iraq, only to be gunned down at a family barbeque in his dad's backyard. According to 20/20, there have been 10,000 homicides of youth in the past decade in our country. The show concluded with posing, "How can we take back our youth?"

The next day, I attended a service at New Song Community Church. I don't remember much about Pastor Richard Probasco's sermon, but I remember being riveted by an event he relayed to us.

He had announced the week before of the passing of 17-year-old Isaiah Strickland. Isaiah's mother, Reba, is a Sunday school teacher at the church on northeast Martin Luther King Jr. Boulevard. Her son had died of gunshot wounds at a party where no one, according to the news, was talking.

The ceremony included heartfelt poems, songs, and strong

urgings from family members and friends from the community. A politician named Woody Broadnax challenged the youth to "not let another one go." Then, he asked who would be willing to stand and be leaders when others are too afraid to stand. Many people stood.

Pastor Richard began his short message. It was straight-talk, a bit in-your-face hope.

Of the crowd of about 500 on that

"Shell-shocked" is how Juaquetter Jones, long-time friend of Isaiah's mother described the youth. But then, after they heard Pastor Richard's message of God's hope and kindness, forgiveness, mercy and love, "It was like their faces said, 'Wow! This is good news!'"

About 200 young people stood that day to follow the one who came to serve. They were willing to make

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Nov. 7, about 400 were young people. They were dressed in clothes more appropriate for the street than for a funeral at a church.

There were middle school aged girls with babies, a few young ladies in very short skirts, and one young man—who came in after the ceremony started and walked up the center aisle to take a seat up front—wore a shirt that said a message about sticking with your homies.

They came as they were. They came to show respect for a friend.

a change in their lives. To date, many of those youth have contacted Reba to talk and pray about their decisions.

Yes, there is hope in the neighborhood.

If you would like a free tape of the funeral, call Dawn at New Song Community Church at 503-493-1301. If you would like a special Bible from Isaiah's mother, contact Reba Strickland at Box 56021, Portland, OR 97238.

Kris Richards is a resident of northeast Portland.

## Letters to the Editor

### Coverage Supports Grant High Team

You and your staff, specifically Jaymee Cuti and Mark Washington, did a wonderful article on the Grant High School Men's Basketball Program.

The March 10 issue was in one word fantastic! Jaymee captured all of the facts and quotes and put them into an exciting, heartwarming article.

The photo was great as well and was a big confidence boost

for the kids, who although playing really well, weren't getting much recognition. The positive feedback we have received as result of the coverage was overwhelming to say the least.

Thank you and may God bless you to continue to do fantastic work.

Tony Broadous, Grant Basketball Head Coach

Wise up  
Don't try to beat MAX  
Respect the signals & crosswalks

TRIMM

