

# METRO

The Portland Observer



## Sheena Johnson Hurdles Way to Athens

See Sports, page B6, inside

SECTION B

### Community Calendar

#### Two Wheelin'

Learn Portland's bikeway network with rides throughout the city with tours every Tuesday and Wednesday through Aug. 25. For information about a full schedule of rides, call 503-823-5266.

#### You're Right

The next volunteer training for the Renter's Rights Hotline is Tuesday, July 20 from 9 a.m. to 1 p.m. For information, call 503-460-9702.

#### Of the People

The Alpha and Omega Ministries presents "The People's Conference" about Renewing Your Mind at 7 p.m., July 16-18 at Matt Dishman Community Center, 77 N.E. Knott. For more information, call 503-823-3186.

#### Writing Frees

Free your writing spirit with a free writing workshop by Write Around Portland through Aug. 12 at locations in and around north Portland. To register or contribute, call 503-796-9224.

#### Interest in Adoption?

A free information meeting for prospective adoptive parents is held the third Wednesday of every month from 7 to 8:30 p.m. at Belmont Public Library, 1038 S.E. 39<sup>th</sup> Ave. For more information, call 503-226-4870 or visit [www.openadopt.com](http://www.openadopt.com).

#### Health Maintenance

Sankofaa Health Institute offers a free diabetes support group from 6 to 7:30 p.m. every third Thursday at Alberta Simmons Plaza, 6707 N.E. Martin Luther King Jr. Blvd. For more information, call 503-285-2484.

#### Work For Change

Community Advocates invites those interested in protecting children from abuse to become an event volunteer, event outreach, technology expert, graphic artists or office support team member. For more information, call 503-280-1388.

#### Home Improvement

The Community Energy Project holds free workshops on water conservation and weatherization. For more information, call 503-284-4962.

#### Ya Gotta Regatta

You gotta go to the 10<sup>th</sup> annual Columbia Slough Regatta small crafts show and paddling event from 9 a.m. to 1 p.m. Sunday, July 26 at the lower Columbia Slough in northeast Portland.

#### NAACP Meetings

The Portland Branch of the NAACP holds two monthly executive committee meetings, on the second Thursday of the month and the Thursday before the fourth Saturday of the month. General membership meetings are held on the fourth Saturday of each month. For more information, call 503-284-7722.

#### Aquatic Fitness

Providence has a full schedule of fitness classes including water exercising at the Providence Aquatic Center, 4805 N.E. Glisan. For a schedule, call 503-215-6301.

#### Smokin' Chili Contest

Smokin' at the Ocean, a state barbecue championship sanctioned by the Pacific Northwest BBQ Association, is making a triumphant return to Chinook Winds Casino Resort in Lincoln City with events held on Friday, July 16 through Sunday, July 18. A chili and salsa cookoff, national rib eating contest, truck show, and battle of the bands, round out a fun packed family weekend. Tasting kits will be available and proceeds will benefit Business Excellence For Youth.

## Creating Safe & Nurturing HOMES

Mentoring helps children by helping parents

Parenting is a huge challenge even under the most ideal conditions. But with serious obstacles like substance abuse, domestic violence and temporary loss of children to foster care, the need for support is even more crucial.

The Parenting Program of Volunteers of America Oregon has launched the Parent-to-Parent Mentoring Program to answer that call.

Under the leadership of Linda Gallahan, this latest program matches parent mentors from the community with parents about to enroll in a 20-week parenting program that helps families who have been cited for child abuse create safe, nurturing and developmentally appropriate environments for their children.

Parenting Program counselors refer participants to the mentoring program so they



can continue to be supported and encouraged as they implement their new parenting skills.

"Our main objective is to help children by helping their parents," Gallahan said.

Volunteers of America Oregon is actively seeking qualified mentors to join the program—ages 25 and over who have had experience either in raising or caring for children or else have had training in child rearing. After mentors complete a training session, they commit to one year of volunteer service

and get matched with parents.

Before the match is made, parents and mentors get a good sense of who the other is. The mentor learns what the parent considers to be most challenging in their lives, their worst fears and their greatest strengths. In turn, the parent gets to review the mentor's profile—their skills, their hobbies, and interests.

The best parent-mentor combinations have similar interests, experiences and personal characteristics such as age, gender

and ethnicity. Once the relationship begins, parents and mentors are provided with a strong support network.

"While the mentors are giving their time and energy to help a family become stable, we will be giving our mentors a lot of support and encouragement," said Gallahan. "It's a major commitment, but one that we feel will deliver high rewards."

Individuals and couples interested in becoming a parent mentor should contact Linda Gallahan at 503-236-3033.

It takes a village to raise a child.

—African proverb

One on one interaction is a key to success when volunteer mentors are matched up with Volunteer of America Oregon clients in the Parent Mentoring Program.



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

Karifa Koroma (from left), Sen. Avel Gordly, Jackie Strong, Aisha Wallace and Tyrone Waters kick off a barbecue for clients, staff and the community at Cascadia Behavioral Healthcare.

## Community Health Heroes

Local residents and leaders in the health care community from north and northeast Portland gathered for a barbecue and kickoff party last week at Cascadia Behavioral Healthcare.

The annual summer party for the center's Treatment Not Punishment program served approximately 150 people.

"This is part of Cascadia's efforts to

engage the community and provide client centered mental health and addiction services," said program manager Jackie Strong. "And people had a great time."

## Portland's Freddy Jones Hosts Summer Slam

Plays key role on and off the court

BY JOHANNA S. KING  
THE PORTLAND OBSERVER

Freddy Jones, a guard for the Indiana Pacers and the 2004 NBA Slam Dunk Champion, will host his first Freddy Jones Summer Slam weekend, July 23-24, sponsored by Nike Go! and benefiting Big Brothers Big Sisters of Metropolitan Portland.

The Portland native returns home to raise \$10,000 for the organization's underserved inner-city youth. The event highlights 100

years of mentoring.

"We're helping children across metropolitan Portland learn, grow, and achieve in ways that otherwise may have not been possible," said Rochelle Henniger, program director of Big Brothers Big Sisters. "Every young person needs a great role model to look up to. Freddy Jones is a perfect candidate for that."

The weekend will include a comedy slam with Saturday Night Live's Finesse Mitchell and stand-up comic and actor Mike Epps on



Freddy Jones

Friday, July 23 at 7 p.m. at the Aladdin Theater. The weekend will also include a series of slam dunk contests and 3-point shootouts for participants ages 16-years-old and up on Saturday, July 24 at 7 p.m. at Jefferson High School with celebrity NBA star judges.

High school and college athletes will be able to join

Jones on the court to compete in a slam dunk contest for bragging rights and an event trophy. A 3-point shoot out will follow for non-collegiate bound athletes to show their

skills and speed for a chance to win \$500. The final slam dunk contest of the evening will offer a grand prize of \$1,000 and other prize packages.

Jones will also serve as a celebrity judge at the Miller Paint Dunk Contest at the Blazers Street Jam presented by Nike on Sunday, July 18 at the Rose Garden Arena. The winner from those competitions at the Blazers Street Jam will receive an automatic bid into the Freddy Jones Summer Slam Dunk contest and 3-point shoot.

For ticket information, contact Ticketmaster at [www.ticketmaster.com](http://www.ticketmaster.com). To learn more about Big Brothers Big Sisters, visit online at [www.bbbsportland.org](http://www.bbbsportland.org).

## Neighbors Group Needs Diversity

Vernon association reaches out for participation

The Vernon Community Association is suffering from under-representation of a diverse community.

Although Vernon is home for many African Americans and Latinos, very few people of color attend the meetings held this summer at Alberta Park on Killingsworth and 20<sup>th</sup> Ave.

"You should know your neighbors. That makes neighborhoods safer," said Harvey Rice, an African American and co-chair of the association.

Rice said Neighborhood Watch and crime prevention is only one facet to the neighborhood association. Other committees include Parks and Open Spaces, School Safety and Good Neighbor Agreements for late-night area-businesses.

The Vernon neighborhood is defined between Northeast 14<sup>th</sup> Place to 22<sup>nd</sup> Avenue and between Northeast Ainsworth and Wygant streets.

"When we have a general meeting, everyone in the neighborhood should be coming," said Rice.

Meetings are the second Tuesday of each month at Alberta Park at 7 p.m. For more information, call 503-287-3135.