

OPINION

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Better Training, Policies and Diversity

Police Bureau to meet community expectations

BY CHIEF DERRICK FOXWORTH
As we say good-bye to 2005 it is part of a new year's tradition to look ahead and make resolutions about the coming year. But before I talk about 2006, let's take a look at 2005 and the Portland Police Bureau's accomplishments with the community's help.

TRAINING

With community input, the Portland Police Bureau has made great strides in its training of officers. Re-instating the 40-hour in-service last year, officers were trained in cultural competency and this year, they are receiving training on perspectives in profiling. They are also receiving training in driving tactics and responding to critical incidents that will help in keeping them and community members safe. Our Advanced

Academy officers are receiving even more community policing training, and we continue to add more officers trained in crisis intervention—diffusing situations involving people in mental crisis or with developmental disabilities.

DIRECTIVES

The Bureau has 193 Directives—or policies—that govern everything we do. This year, with a lot of community input, the Bureau revised the directive on taser use as well as our use of deadly force directive. We are currently working on revising our vehicle pursuit policy as well as adding a new directive on foot pursuits.

HIRING/RECRUITING

With help from the community, and our partners at Portland Community College and TriMet, we launched an aggressive campaign this year designed to increase diversity in hiring police officers. The Bureau launched a new website (joinportlandpolice.com), and produced an ad campaign that is on a TriMet bus and bus benches that features Portland Police Officers' per-

sonal stories about why they joined law enforcement. We also assigned a recruitment officer to be out in the community more, at PCC's Cascade Campus one day a week, at job fairs and other functions.

Working with our partners at the

people who might not have considered a career in law enforcement if they are interested in serving the City of Portland.

In regard to hiring, the Bureau asked citizens to join us in oral interviews of police officer candidates. I believe it is

talk to community members about any concerns and issues they have. We also held our second Citizens Academy, where community members spent weeks learning about why police do what we do.

Finally, we put more officers on bikes and on foot to walk the parks in your neighborhoods to increase visibility, while also engaging more citizens in conversation. Citizens from throughout the city also joined us in distributing crime prevention material regarding how to prevent car prowls and burglaries.

There are so many partnerships to be proud of—including our continued relationship with organizations that serve our young people and help mentor them to make positive choices. Our partnership with the Albina Ministerial Alliance and organizations such as Project Clean Slate are critically important to me.

2006

So as we near 2006, what will the Police Bureau be working on as an

I want to thank many of you who have assisted the Portland Police Bureau with its community policing efforts this year.



— Chief Derrick Foxworth

Bureau of Human Resources, we also made some changes to our testing, including conducting workshops prior to testing in order to provide people with some insight on how to test to become a Portland Police Officer. I am enthusiastic over these changes and feel that we are on the right path to ask

imperative that citizens participate on our hiring boards and help provide valuable input on future police officers.

BUILDING RELATIONSHIPS

This year, the Police Bureau hosted a series of open houses at each of our five precincts. Designed to be mini public safety fairs, police officers were able to

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Rebuilding New Orleans, Gulf Coast Area

President should keep promise

BY U.S. REP. ED TOWNS

On Aug. 29, the United States experienced its worst natural disaster in history. Hurricane Katrina battered the Gulf Coast states of Louisiana, Mississippi and Alabama leaving in her wake an unprecedented amount of dislocation and destruction.

Hurricane Katrina exposed the depths of poverty in this country and the callousness of this Administration. We witnessed the



slow federal response to the misery and desperation of thousands of American citizens sequestered at the New Orleans Superdome, waiting on bridges or clinging to their roof-

tops. Today, we still have thousands of people without housing, jobs, food, medicine, and for the displaced, no answer to the question: When can I go home? In New Orleans, much of the city is

still without power.

Just this week, the President told NBC News that \$62 billion is on the table for the Gulf Coast. If that is the case, we need to get the money off the table and into the hands of the people who need it.

We have people who need to get a reprieve from paying their mortgages until their homes are in a livable condition. Business owners need assistance getting their businesses up and running. Those individuals unemployed at the end of February need to know that they will have their unem-

ployment extended for another 26 weeks.

We need to bring home the displaced residents of the Gulf Coast region and include them first in the rebuilding opportunities. This would employ those who live in New Orleans, but cannot find work in New Or-

leans. Plus, enhance the small businesses in the area. The Federal Emergency Management Agency (FEMA) is the Bush Administration's lead agency handling this catastro-

phic. The manner in which FEMA is handling this crisis is shameful. Their lack of consistency makes it extremely difficult to effectively provide services to those who need it most.

We must rebuild New Orleans and the Gulf Coast region. The culture of the city is unique and

cus has introduced HR 4197, a bill designed to rebuild the Gulf Coast region. I would like to urge everyone to call their member of Congress and tell them to vote for HR 4197, the Congressional Black Caucus bill to rebuild the Gulf area.

Also call the White House and let the President know that you haven't forgotten his promise to rebuild New Orleans and the Gulf Coast. Let him know that you are asking him to keep his promise.

If we don't keep Hurricane Katrina on the front burner, our leaders in Washington will gladly take it off the stove.

Pick up the phone, write a letter, send an email to support HR 4197. Together, we can rebuild the Gulf region.

Ed Towns is a Congressman from New York and a member of the Congressional Black Caucus.

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Are you or someone you know pregnant?

Healthy Birth Initiative can help. Healthy Birth Initiative (HBI) is a program for African American women and their families living in N/NE Portland.

HBI offers:

- Transportation to medical and social service appointments
- Home Visits
- Incentives
- Health education classes (free childcare and transportation when attending any HBI group or class)
- Information and referrals to community services

For more information contact:
Healthy Birth Initiative
5329 NE Martin Luther King Jr. Blvd.
Portland, Oregon 97211
503-988-3387 x22242

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Overcoming the Holiday Blues

Strategies for handling the stress

BY DR. GLORIA MORROW

The holiday season can be the loneliest time of the year. Even though the research refutes the notion that the highest rate of suicides occurs in the month of December, many people do experience the holiday blues because of the loss of a loved one, exhaustion, separation from family and close friends, feelings of failure due to unmet goals and expectations, significant changes and increased stress. Some may even experience the holiday blues because they cannot afford to go Christmas shopping.

This year has been particularly difficult for many people in the African American community because of Hurricanes Katrina and Rita, and the massive loss of life, property, jobs and familiar surroundings.

The war in Iraq has also caused many families to be separated from loved ones either through death or distance at this time of the year. Our communities also have not been sufficiently insulated from violence, unemployment and the high homeless and poverty rates that make celebrating during the holiday season less feasible. Even the recent execution of Stanley Tookie Williams has cast a negative spin on the true meaning and essence of Christmas. Unfortunately, these tragic realities of the year may make people more at risk of experiencing the holiday blues and more chronic mental health problems, especially if they are already vulnerable.



This year has been particularly difficult for many people in the African American community because of Hurricanes Katrina and Rita.

According to the University of Maryland Medical Center, there are a number of signs and symptoms that signal the presence of the holiday blues, such as: headaches, inability to sleep or sleeping too much, changes in appetite causing weight loss or gain, agitation and anxiety, excessive or inappropriate feelings of guilt, diminished ability to think clearly or concentrate, and decreased interest in activities that usually bring pleasure. If these symptoms persist, however, one may be experiencing a depressive disorder.

There are several strategies that may be useful in overcoming the holiday blues: Acknowledge your pain and do not suffer in silence. Connect with a good support system. Connect to your spiritual source! Forgive yourself and others for the mistakes of the past. Do not focus on what went wrong; rather focus on what went right. Set realistic goals and expectations for the coming year.

If your life has been shaken up this year, create a new way of celebrating the holidays, but do not forget the real reason for the season. Do something special for yourself that will not cause financial strain, such as take a long hot bubble bath.

Do something for others, such as volunteer time at a shelter, hospital, church, nursing home, or senior center. Be sure to maintain a healthy diet and get sufficient rest and exercise. If symptoms continue to persist, seek the consultation of a professional mental health professional to assist you during this critical time.

Dr. Gloria Morrow is a licensed clinical psychologist and author of *Too Broken to be Fixed? A Spiritual Guide to Inner Healing; Strengthening the Ties that Bind.*