

METRO

The Portland Observer

Happy KWANZAA

Committed to
Cultural Diversity

Community Calendar

Kwanzaa's Second Principle

Kwanzaa's second principle Ujima, collective work and responsibility, will be celebrated on Wednesday, Dec. 28 from 5:30 p.m. to 8 p.m. at the Interstate Firehouse Cultural Center, 5340 N. Interstate Ave. Participants are invited to learn and share in the experience of setting your own Kwanzaa table.

Kwanzaa Principal of Nia

Celebrate Kwanzaa's Principal of Nia, on Friday, Dec. 30 with the Bridge Builders Gala and Gentlemen's Ball at 7:30 p.m. at Newmark Theater, 1111 S.W. Broadway. For more information, call 503-288-8429.

Get Fit, Stay Healthy!

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.

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.

Swimming Lessons

Portland Parks and Recreation offers swimming lessons for all ages and skill levels year round at the Columbia, Dishman, MLC, Mt. Scott and Southwest Community Center pools. For rates and information, call 503-823-5130.

Free College Outreach

The first Saturday of each month, from 12 p.m. to 2 p.m. high school students will be helped to prepare for college at the Matt Dishman Community Center, 77 N.E. Knott St., through the efforts of Oregon State University.

Red Cross Teaches Safety

The American Red Cross offers a range of safety classes for crisis situations, from learning how to baby sit to performing CPR. The courses are intended for children aged 8 through adult. For more information visit www.redcross-pdx.org.

Women in NAACP

Women in NAACP meets from 10:30 a.m. to 1 p.m. the first Saturday of each month at the American Red Cross Building, 3131 N. Vancouver. For questions, call 503-249-6263.

Birth Ready

Whether you need childbirth preparation classes, or just a refresher, Providence Health Systems has a workshop for you. Prepare for pain, take a weekend seminar or prepare big sisters and brothers-to-be throughout the summer by visiting www.providence.org/classes or call 503-574-6595.

Parenting Classes

Newborns don't come with instruction manuals but parents and parents-to-be can attend classes through Providence Health Systems to learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit www.providence.org/classes.



Jessie Gnananathan Mary Overstreet-Smith Roy Pittman

Chief Salutes Partnerships

Individuals recognized for efforts

Portland Police Chief Derrick Foxworth has recognized outstanding work of individuals from both the community and the Police Bureau.

Certificates of appreciation were awarded this month to local residents and members of the Police Bureau who directly aid the community in promoting community policing efforts in a distinct way.

"These are citizens and police officers that have gone above and beyond the call of duty to make our neighborhoods safer places to live," said Louis Grant, co-chair of the Chief's Forum.

The recipients included officers Paul Ware, Travis Fields, Franz Schoening, Jeffrey Dorn, Jason Harris and David Sessum; Deputy District Attorney

Jessie Gnananathan; Cully Neighborhood President Kathy Fuerstenau; Pastor Mary Overstreet-Smith of the Powerhouse Temple Church and The East Precinct Cadet Post.

Awards were also made to Roy Pittman of the Peninsula Wrestling Club; Peggy Glascock and Amie Massier of Portland Parks and Recreation; Libby Lescalleet of the Portland Boys and Girls Club; and Doug Thompson of the Portland Transportation Department.

"Law enforcement by itself will not make our city safer," Foxworth said. "It is examples like these recipients who help the Portland Police Bureau achieve our goal of reducing crime and the fear of crime in the city of Portland."



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

Kathy Fuerstenau, president of the northeast Portland's Cully Neighborhood Association is thanked by Chief Derrick Foxworth for her community work with the Portland Police Bureau.

Heavy Hitter Signs with Georgia Tech

Lincoln shortstop excels at softball

Lincoln High School Senior Kory Keaton has signed a national letter of intent to play softball for Georgia Institute of Technology.

Keaton will play shortstop for the Yellow Jackets, her current position for the Lincoln Cardinals. Keaton spent her freshman and sophomore years at Beaverton High School, where she played shortstop and outfield, but transferred to the nearby Lincoln during her junior year, for academic reasons. She posted a .444 batting average during her junior season.

Georgia Tech discovered her while she was playing for the Silver Bullets, a traveling team of gifted student athletes competing in fast pitch softball each summer. Keaton said she was recruited to Georgia Tech while playing for the highest level within the organization, Silver Bullets Gold.



Lincoln High School Senior Kory Keaton's softball skills have landed her a scholarship at Georgia Tech.

She signed with Georgia Tech after narrowing her search to five colleges, including the University of Oregon and Oregon State.

"I liked Georgia Tech the best, because of the college campus, the team and coaches," she said.

Keaton's academic interests include art and math and she said she's always wanted to be an architect.

"I am going to have fun with that."

Keaton has been playing softball for eight years. She began for fun, but eventually realized her talents could carry her through college. Her older sister played in high school as well, and was recruited to Southern Mississippi but decided to attend Willamette University.

Keaton will play her last season for Portland Interscholastic League, beginning in February, and will attend Georgia Tech in the fall.

"I'm looking forward to it," she said. "I know that I'm going to be an impact player."



Celebrating Unity and Kwanzaa

The spirit of unity is on display as Prospective Gents from the Bridge Builders youth group joins Kaiser Permanente employees and guests during Kaiser's 9th annual Kwanzaa celebration. Almost 200 people enjoyed the Dec. 2 evening of soul food, entertainment, and fund raising for scholarships and Katrina disaster relief. The Bridge Builders host their annual Kwanzaa Gala and Gentlemen's Ball on Friday, Dec. 30 at 7:30 p.m. at Newmark Theater.

35
years of
community service