

METRO

The Portland Observer

Top Image Award Nominees

Kanye West, Alica Keys and Mariah Carey earn four nominations each for the NAACP Image Awards.

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SECTION B

Community Calendar

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.

African Drumming, Dance

The North Star Ballroom, 635 N. Killingsworth Ct., hosts beginning drumming and Ghanaian rhythm classes on Tuesdays at 6 p.m. On Wednesdays, intermediate drumming is offered in addition to an African aerobics and dance. Chata Addy teaches all classes. For more information call 503-632-0411.

Business Meeting

North/Northeast Business Association meetings are on the first Monday of each month from 6 to 8 p.m. at Albina Community Bank, 2002 N.E. Martin Luther King Blvd. Morning networking meetings are the third Wednesday of each month from 7:30 to 9 a.m. at the Blazers Boys and Girls Club, 5250 N.E. Martin Luther King Blvd.

Work Against Abuse

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.

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 503-285-4499.

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.

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.



Minority students and women enrolled at OHSU find mentoring and financial help at the medical school's Center for Diversity and Multicultural Affairs.

PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

First Generation Students Excel

Diversity center helps out

BY KHAYA DARKO

THE PORTLAND OBSERVER

First generation minority students and women are excelling at Oregon Health Science University in southwest Portland, according to Lesley Garcia, the

institution's Center for Diversity and Multicultural Affairs director.

A lot of these students come from average income homes, with 30 percent of them being African Americans, 36 percent Hispanics, 7 percent Vietnamese, and

7 percent from the Ukraine and Russia. Sixty-four percent of the students are female, said Garcia.

The center is working hard at ensuring that these students succeed at their goals by assisting them in many ways possible, from finance, guidance, leadership, mentoring and more.

Garcia said without the special programs OHSU offers, under privileged students destined for medical professions such as doctors and nurses would not be able to complete their education.

The parents of many minority students

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Popular Restaurateur Shares Insight

Kicks off sweat equity series

Anita "Miss Anita" Smith, founder of northeast Portland's nationally recognized restaurant and catering spot, Hannah Bea's Poundcake and More, will headline the first installment of Black Entrepreneurs of Clark County's Sweat Equity Series, a quarterly program featuring successful businesspeople with lessons to share.

The free meeting, held from 5:30 to 7:30 p.m. Thursday, Jan. 26, at Clark Public Utilities community room, 1200 Fort Vancouver Way in Vancouver, will feature complimentary samples of Smith's bestselling classic and lemon poundcakes.

From obstacles and risks to mentors and triumphs, all topics are on the table as Smith discusses her experiences and answers questions on entrepreneurship, food-industry challenges and business instincts en route to celebrating her culinary company's upcoming



fourth anniversary.

Smith's confections and southern savory creations have drawn national attention, including a visit from newsmen, author and television personality Al Roker for an October 2004 segment of Food Network's Roker on the Road.

Black Entrepreneurs of Clark County, a free monthly business round table and networking group, offers contacts, fellowship and the exchange of expertise and ideas. All are welcome regardless of race, residence or business.

The growing group, averaging monthly attendance of nearly 40 entrepreneurs, executives and prominent leaders, has heeded the call to fill a longstanding need, working to expand empowerment and close opportunity gaps.

Please RSVP to Shareefah Abdullah, president of Hot Ovations Communications Coaching & Training Co. at 360-604-8583 or shareefah@hotovations.com.

Hannah Beas Poundcake and More owner Anita Smith and her mom, Hannah Jo Johnson, the person who inspired her.

New Investment for Better Health on Interstate



PHOTO BY ISAAH BOUIE/THE PORTLAND OBSERVER

Kaiser Permanente has made a \$27 million investment on its North Interstate Avenue campus with a new Radiation Oncology Center (above) and 298-car garage that sits behind the facility.

Kaiser opens cancer treatment center

Kaiser Permanente is now treating cancer patients who need radiation at its new Interstate Radiation Oncology Center, 3620 N. Interstate Ave.

Inside the 17,000-square-foot building, patients are treated with any of three linear accelerators that use computer assistance to precisely deliver high doses of radiation in tightly focused beams to control and kill cancer cells. Prior to the new facility, Kaiser patients needing radiation had been sent to Legacy Emanuel Hospital & Health Center.

The new facility brings radiation treatment to the same campus where cancer patients also receive other outpatient services, such as group and individual counseling, pharmacy and chemotherapy.

About 80 cancer patients a day will be treated at the new facility.

The center and a 298-car garage represent a \$27 million investment in Kaiser's Interstate medical campus, where the healthcare organization's other outpatient cancer care services, such as chemotherapy and counseling, are also provided.

35
years of
community service