

METRO

The Portland Observer



Nuevo Ballet *Espanol*

Dazzling flamenco dancers to perform

See El Observador, page B3

SECTION B

Community Calendar

Abortion Documentary

The Bread and Roses Center, 819 N. Killingsworth St., commemorates the Woe V. Wade decision legalizing abortion on Wednesday, Jan. 25 with the 6 p.m. showing of the Last Abortion Clinic, a documentary film based on the decline in the number of physicians and clinics carrying out abortions, focusing on the state of Mississippi where only a single clinic performs the operation.

Stress Management

Providence Portland Medical Center is hosting Heart Wise Living Class for Medication and Stress Management on Wednesday, Feb. 1, at 4805 N.E. Glisan. For more information call 503-215-8039.

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 each month from 7:30 to 9 a.m. at 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.

Free College Outreach

The first Saturday of each month, from 12 p.m. to 2 p.m., high school students can get free help from Oregon State University on preparing for any college at the Matt Dishman Community Center, 77 N.E. Knott St.

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.

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.

Shoes For The Shoeless

NEW SHOES a Professional Shoe Recrafters & Pedorthic Center will be launching their 15th "Shoes For The Shoeless" program to acquire shoes for the needy on Saturday, Jan. 28. All donations are handled by the Portland Rescue Mission for distribution. Please shoes and boots must be paired, bound together by rubber bands or tied, tagged with shoe size and be clean and in wearable condition. For more information call 503-684-2497 or visit www.newshoes.com.

36
years
of
community service

Police Shooting Survivor Heals

Looks to better days ahead

BY JUDY NOMAKHAYA DARKO
THE PORTLAND OBSERVER

Tyrone Waters, a local man who served a year in jail and four years in a mental hospital after a near fatal confrontation with police says he is finally off supervision and is making progress in gaining back his independence.

The son of Sen. Avel Gordly, a longtime African American leader who represents northeast and southeast Portland, he encourages other mentally ill people in the community to not be ashamed to seek help.

Waters, 40, survived a confrontation with police in September 2001. He was hit with bean bag bullets when he refused to drop a BB pellet pistol gun outside a family home. Five real bullets missed him.

Today he is able to support himself and is working on improving his skills and education.

"I feel good to have my freedom back," he says, grateful to be living in his own house and paying his own bills.

Waters was sitting in a local café enjoying his breakfast during the interview for this story when two police officers walked in to enjoy their own early morning breakfast. He admits that police in uniforms make him uncomfortable.

Waters has also taken a volunteer position with Cascade Behavioral Health assisting others that are going through similar mental illness. He also wants to see improvement in how mentally ill patients are treated in hospitals.

He currently is on medication and feels pretty good about himself and is optimistic about the future and even imagines the prospects of having a family, and is thankful to his religion that has kept him going.



PHOTO BY KHAYA DARKO/THE PORTLAND OBSERVER
Tyrone Waters who survived a confrontation with police 5 years ago, says he's pleased with his progress in battling mental illness.

Dedication to Community Recognized

George Passadore earns DePreist award

Volunteers of America Oregon will honor George Passadore for his outstanding leadership and community service as the 5th recipient of the DePreist Award for Excellence.

The annual award to people who have been outstanding leaders in our community will be presented during a special ceremony on Feb. 2.

Passadore is the retired chairman of Wells Fargo in Oregon and Southwest Washington. He currently is the president of the Tri-Met Board and chairman of the Portland-Bologna



George Passadore

Sister City Association. He also serves on the boards of Village Heritage Foundation, the ODS Companies and is an emeritus trustee at Oregon Health Sciences University.

His past community contributions include serving as a board member of the Portland Public Schools Foundation, the Oregon Zoo, the Oregon Symphony, the Oregon Business Council and Holt International Children's Services.

"George Passadore's dedication and long-standing commitment to the community made him an outstanding choice to receive the award. He embodies all the qualities that the DePreist Award for Excellence stands for," says Kay Toran, president and chief executive officer of Volunteers of America Oregon.

Keeping Good Finds Out of the Trash

Freecycle group nation's biggest

BY NICOLE HOOPER
THE PORTLAND OBSERVER

The saying "one man's trash and another man's treasure" should be the motto of Freecycle.org.

The Internet forum helps people recycle items to each other instead of throwing them away. First started in Arizona by Daron Beal in 2003, there are now more than 3,000 Freecycle communities in the world, including Portland.

With more than 20,000 members, the local branch is the largest Freecycle community on earth, requiring nearby Washington and Clackamas counties to start their own chapters.

Freecycle participants can range from lower socioeconomic to the wealthy. The same rules apply to anyone regardless of income. It is the moderators' job to make sure that people not only receive goods for free but also have items to give away.

"It can be anything like a book, old records that you think no one would ever want. You might be surprised that someone may be looking for it," said Letha, a Portland Freecycle moderator.

You can find just about anything on Freecycle. But at times users post items that cannot be given away, like computer software due to piracy issues, weapons or drugs of any kind, even over the counter medicines. All items must be free, legal and appropriate for any age.

Letha is a firm believer in Karma and that giving away something that may not be useful to you anymore can do wonders for someone else.

"If you give with the expectation of getting nothing back then good things will come back to you," she said.

She also sees the exchanges as good for the environment.

Freecycle members are able to exercise



"Freecycle members are able to exercise who they give their items to. It is first suggested that the user finds a non-profit group to give items before giving to an individual. Rarely does an item fail to get a taker."

who they give their items to. It is first suggested that the user finds a non-profit group to give items before giving to an individual. Rarely does an item fail to get a taker.

Letha enjoys the fact that she can give away 20 items that are of no use to her and get three items for free from others that she needs.

Since Freecycle is strictly an Internet group, the members often don't personally know each other. Exercising caution is important when inviting someone to your house. Letha suggests not posting

your home telephone number or mentioning the hours when you are not going to be at home.

Once you post an item on the website and it's accepted, it is up to both people to keep their promise. Freecycle is based on trusting other individuals to keep their word.

So next time you are cleaning house, don't fill up those yellow curbside recycling bins with perfectly good items before listing them on the Freecycle website.

For more information on Freecycle visit www.freecycle.org.

Young Professionals Aspire

Urban League program revitalized

BY ERIKA-LEIGH GOODWIN
FOR THE PORTLAND OBSERVER

Youth is not always wasted on the young and Portland's Young Professionals are proof.

The Urban League of Portland has worked to empower African Americans since 1945 with the goals of providing for the community and working to attain equality in education, employment and economically.

The Young Professionals, an affiliate of the National Urban League, has worked for years to provide leadership development, economic empowerment and community volunteer opportunities for those who hold the keys to success and chose to share.

The local group is experiencing something of a rebirth. After disbanding for a short while in 1999, it has recently been revitalized. Its current president, Michael Isom, like many of the group's recent members is not originally from Portland, but has found stability and purpose here.

The mission is to serve the community and develop members through mentoring, tutoring, scholarships, economic empowerment, political engagement, and leadership development programs.

Despite their small numbers, the group plans to increase its volunteer efforts as well as boost attendance for its financial literacy workshops and various fundraising programs.

Group members are comprised of up and coming professionals aged 21 to 40 who offer guidance through real world experience, while supporting the mission of its national entity. Currently, they are as diverse as the community with experience in a myriad of fields including education finance, health care, engineering, and other local non-profit agencies. The group provides financial literacy programs, workshops for small business owners, and various volunteer efforts.

Many of these Young Professionals are successful in their respective fields of business, all are volunteers and many in the group pay dues for the privilege of being a part of such an organization.

This year the Young Professionals hopes to sponsor monthly events to raise funds and educate Portland's African American community financially and promote political participation in the upcoming gubernatorial race. The group is also considering a collaborative effort with the Urban Leagues Nulites group that works to inform, encourage, and challenge young people in the community.

For more information on the Young Professionals, call 503-280-2600.