



BY KIMBERLY MATHEWS

Improving Your HEALTH

Resolve to be Healthier in 2007 (and mean it!)

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It's that time of year when we declare a well-intended and ambitious New Year's resolution, then give it up within a couple of months.

Some vow to quit smoking, others to save money, but the majority of us pledge to lose weight. We promise to reduce the amount of fat we eat, pass on the cookies, cut back on drinking, and replace them with jogging, yoga and broccoli. But by the end of January we are back to our old habits, and feel worse for failing to keep our new year's resolution... again.

But don't let that stop you from trying again because this year can be different. Being healthy and active can give you energy to keep up with the demands of a busy life and improve your overall well being.

Being overweight and inactive puts us at higher risk for developing cardiovascular disease and diabetes (which are more prevalent in African Americans). Exercise helps reduce those risks.

As cliché as it might seem, starting a fitness program in January is often the best time to begin. The excesses and temptations of the holiday season are gone, and it is easier to recruit friends and family to join you.

The National Institute of Health recommends at least 30 minutes of physical activity on

most days. So dance, do housework, walk the dog, walk to work or go to gym. Just get moving on a regular basis and results will follow.

Here are a few tips for turning your New Year's resolution into a new exercise program and healthier way of life:

Create a plan. Don't just say you will start exercising. Think about the types of activities you want to do and where and how often you will exercise.

Journal your progress. Tracking your progress allows you to see and feel good about your accomplishments. It can also point out ways to modify your habits in order to achieve your goals.

Make it a new way of life (because it is). That means if you have bad day (or week), don't get down on yourself and quit. Get back to your program the next day. And remember, taking care of yourself for one week does not mean that you can neglect yourself for a month. Embrace a lifestyle that rewards you with good health.

Kimberly Mathews is program coordinator for the African American Health Coalition. For more information about AAHC's free exercise and nutrition programs or to volunteer and make donations, contact the AAHC at 503-413-1850, by email at info@aahc-portland.org, or visit their website at www.aahc-portland.org.

Entrepreneur Lessons

S. Renee Mitchell – the award-winning, poetry-publishing, play-producing, teachin', preachin' and outreachin' Oregonian columnist – will fire up Black Entrepreneurs of Clark County during its first Sweat Equity Series session of the year on Thursday, Jan. 25 from 5:30 p.m. to 7:30 p.m. at the Clark Public Utilities Electric Center community room, 1200 Fort Vancouver Way, in Vancouver.



S. Renee Mitchell

The series features successful entrepreneurs with lessons to share.

A pro at juggling life's manic mix of family and work, Mitchell will spill the beans on how she does it. Besides holding down a prominent day job and raising three future leaders, the Pulitzer nominee runs publishing company NappyRoots

Press, co-founded the Healing Roots Center in Portland and has gained widespread recognition for journalism excellence and for advocacy against domestic violence.

Mitchell, whose presentation will include time for questions and discussion, also will appear on the nationally syndicated Tyra Banks Show in February as an honoree among 20 black women of achievement around the country.

BECC sessions are free and offer ample networking opportunities. All are welcome, regardless of race, residence or venture. RSVP to Shareefah Abdullah, BECC director, at Hot Ovatons, 360-604-8583 or shareefah@hotovations.com by Monday, Jan. 22 to ensure adequate refreshments and materials.

Racism Cited in Max Attack

Four African American teenage girls are accused of robbing a 16-year-old girl near Lloyd Center last week because of her skin color.

Portland police and Transit police officers arrested Chelsea Rivers, 14, Brianna Streeter, 13, Mary Michelle Blackshear, 16, and Rinita Low, 13, on Jan. 11 at the TriMet Max stop on NE Holliday St. and charged them with robbery, intimidation and assault.

Portland police spokesman Sgt. Brian Schmutz said the girls told detectives they chose the victim because she was white.

Detectives are reviewing Max train surveillance camera tapes, as well as tapes from the Max platforms between the Rose Quarter and Lloyd Center.

Portland Police want to speak with those who may have information about the alleged assault or who may have witnessed a confrontation between the teen girls and the victim.



Dr. Julia Ho



Dr. Sandeep H. Mashru



Dr. Jenny Pompilio



Dr. David Lin

New Doctors at North Interstate Kaiser

Kaiser Permanente welcomes four new medical doctors to its North Interstate Medical Office campus. They are dermatologist Julia Ho, otolaryngologist David W. Lin, hematologist/oncologist Sandeep H. Mashru and internist Jenny

Pompilio. Dr. Ho is board-certified and completed her residency at Washington University in St. Louis, Mo. She also completed her fellowship in St. Louis.

Dr. Lin is board-certified and completed his residency at Or-

egon Health and Science University. He has practiced in Texas and California.

Dr. Mashru is board-certified and completed his residency at Flushing Hospital Medical Center in New York. He completed fellowships in Galveston, Texas

and Lake Success, N.Y. His prior practice was in Coos Bay.

Dr. Pompilio is board-certified and completed her residency at Wright State University in Dayton, Ohio. She came to Kaiser Permanente from Tuality Healthcare in Hillsboro.

Video Training Center Coming

An Oregon Economic and Community Development Department grant for the development of a multimedia training center in north Portland was announced Monday by Gov. Ted Kulongoski.

In partnership with Portland Community Media, Portland Community College and several local media companies, the Scanner Newspaper Foundation will use the \$147,250 grant to train individuals in video production and journalism.

"One of the most important investments we can make in Oregon's economy is in the skills of our citizens," Kulongoski said. "This partnership is a model for communities across Oregon because by collaborating across the public and private sectors, we not only help Oregon employers access the skilled employees they need, but we help Oregonians access the skills training they need to compete in a global workforce."

With video, technology, media and other skills learned at the center, graduates will be able to access job opportunities in Oregon's growing film, video and multimedia industry that would otherwise not be available to them. The training center will be modeled after Portland

Community Media's facility, and will train students in working with cable television broadcast systems.

It will also create a program with a 'train-the-trainer' component, adding to the number of qualified video production and cable access trainers available at the center.

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 (www.vancouveravechurch.org)

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State Senator and President Pro-Tem of the Oregon State Senate, The Honorable Margaret Carter

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 Advocate for Civil Rights

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For more details:
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