

# SPORTS

**Charles McCleoud**  
CEO

516 SE MORRISON ST, STE 540  
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**PROPERTIES.** Multi-Million \$ Service

## Basketball Champions

Riverdale High School's junior varsity Mavericks (12-5) receive their league's championship trophy. Pictured from left are Coach Michael Harper, players Ed Wiggins, Conner Michelotti, Sam Van Buren, Charles Richenstein, Jon Freidman, Matt Wolfe, Reed Lewallen, Jake Fowler, Robert Van Buren and Coach Mark Washington.

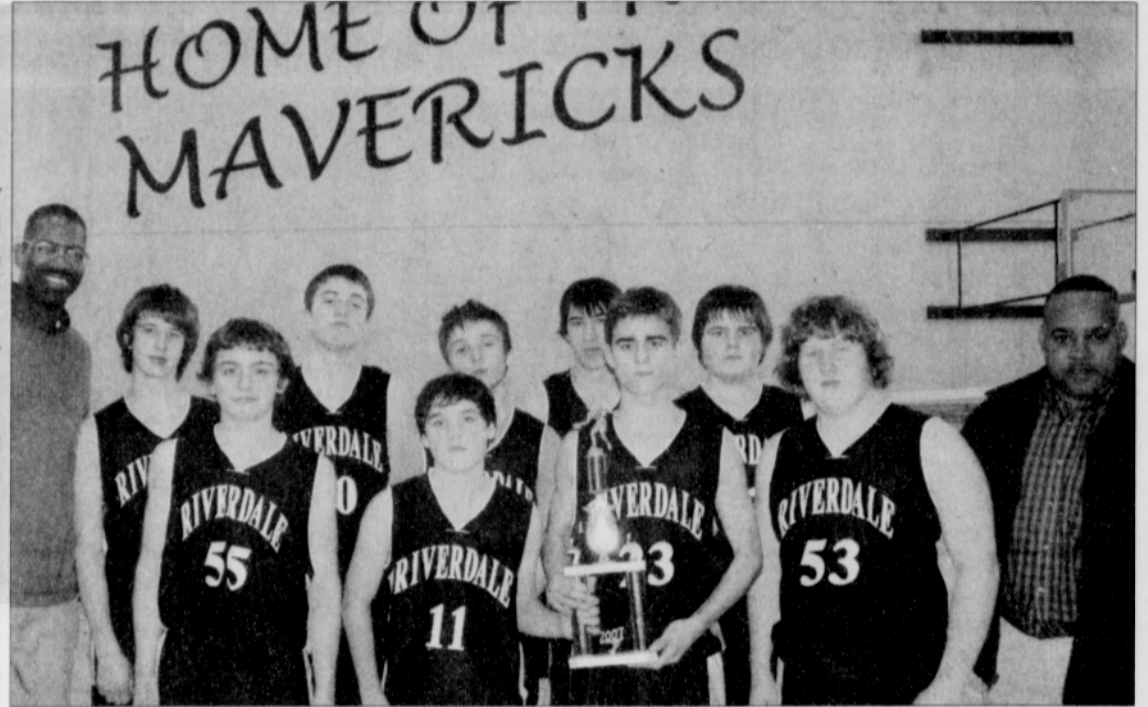


PHOTO BY JEN CARD

**Peninsula Little League 2008**  
(Serving the Youth of Inner North & Northeast Portland ages 5-14)  
visit our website at: [www.eteamz.active.com/peninsulalittleleague](http://www.eteamz.active.com/peninsulalittleleague)  
Registration available on-line beginning January 15, 2008

Softball Program		Regular Sign-ups		Baseball Program	
Level	Ages	\$64/T-Ball, \$74 All other levels		Level	Ages
Minor	7 - 9	This fee includes the pepperoni fund raiser.		T-Ball	5 - 6
Major	10 - 12	Sell one bag of pepperoni and get \$24 off fee.		Farm	7 - 8
Junior	13 - 14	Each bag contains 24 sticks		Minor	7 - 9
Questions contact: Mark Washington ~ 503-288-0033 markw@portlandobserver.com		<b>Peninsula Park Community Center</b> 700 N Portland Blvd <b>February 2</b> <b>February 9, and February 16</b> 9:00 am to 1:00 pm  <b>February 21</b> 6:30 pm to 8:30 pm		Questions contact: <b>Jjay Lincoln ~</b> 503-823-3692 jlincoln@ci.portland.or.us	

Registration forms can be picked up Mon-Fri, 9am-5pm at the Portland Observer, 4747 NE Martin Luther King Jr Blvd

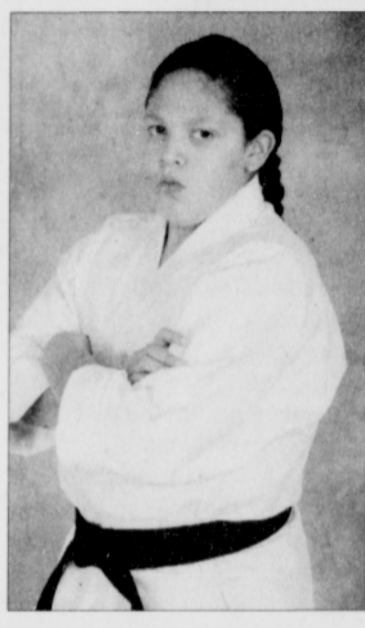
## Karate Kid Provides Inspiration

A 13-year-old has embraced his Native heritage to become an outstanding student racking up athletic achievements.

Koda-Wataka Robinson of Camas has won 12 National Karate Championships, six World Championships and 10 overall Grand Championship titles.

As a member of the Northwest martial arts team, Robinson won the overall World Championships coached by Master Jess Palmer. He also won "Competitor of the Year" for the Northwest Martial Arts Association.

Karate has allowed Robinson not only to travel throughout the United States, but to other countries. He



has been chosen to compete in Mexico, Spain, and Germany on the USA International Martial Arts competition team in the World Goodwill Games.

He is very grateful to Master Rick Johnson for his continuous specialized training and inspiration.

A member of the Martial Artists Against Drugs organization, Robinson also plays football and basketball, competes in karate and wrestling and is learning lacrosse.

*Thirteen-year-old Koda-Wataka Robinson has already won 12 karate championships.*

Little League Baseball, Incorporated does not limit participation in its activities on the basis of disability, race, creed, color, national origin, gender, sexual preference or religious preference.

## Babe Ruth Scholarships Offered

The North/Northeast Metro Babe Ruth baseball league starts this year's 50th season by offering its first-ever scholarships and equipment to teenage players.

Program organizers invite students 13 to 15 in the Roosevelt, Jefferson, Grant and Madison high-school areas to have fun with a

wide range of skill levels.

"We're really excited about this scholarship and equipment opportunity," said Jim Roberts, Metro Babe Ruth president. "We don't want anyone excluded from playing baseball because of their financial circumstances."

Sign-ups are scheduled for Tues-

day, Feb. 19 from 6 to 8 p.m. at Archbishop Howard School, 5309 N.E. Alameda; and on Thursday, Feb. 21 from 6 to 8 p.m. at Holy Redeemer School, 127 N. Rosa Parks. Players also may register throughout March on Nemetrobaberuth.org or by calling 503-284-1714.

**THE SPINA COLUMN™**

An ongoing series of questions and answers about America's natural healing profession.

**Part 5. WHIPLASH: It doesn't take a serious accident to cause serious damage.**

**Q:** How bad an accident does it take to actually cause whiplash?  
**A:** While most people think of whiplash only as the result of a rear end collision, it can occur as a result of a fall or other sudden jolt. In car collisions, speeds as low as 5 MPH (a brisk walk) have caused whiplash. What's more, major studies show there is virtually no correlation between damage to the car and its occupants.

**Q:** How can I tell if whiplash has happened to me?  
**A:** Whiplash often exhibits symptoms such as a sore neck, arm or shoulder, nausea, blurred vision and headaches. If not treated immediately, these problems can lead to other more severe ones. To complicate matters, it sometimes takes years before whiplash symptoms occur.

**Q:** What should I do if I've had a fall or a car accident?  
**A:** Don't take any chances. Schedule a complete chiropractic exam immediately. Our office specializes not only in relieving whiplash symptoms, but also in making sure those problems don't become bigger ones down the road. For diagnosis of possible whiplash, or answers to any questions you might have about your health, please call us at the number listed right below.

**Flowers' Chiropractic Office**  
2124 NE Hancock,  
Portland Oregon 97212  
**Phone: (503) 287-5504**

## Junior Golf Sign-ups Due

A nonprofit group bringing the passion of golf to underserved children of north and northeast Portland is calling for sign-ups.

Open enrollment to the Leisure

Hour Junior Golf Program begins Sunday, Feb. 17 from 3 to 5 p.m. in the Maple Mallory Apartments Recreation Room, 3800 N.E. Mallory Ave. The fee is \$15 per child, with discounts for multiple family members.

The Leisure Hour program has grown to include an annual roster of 60 active junior golfers since its

start with just 6 golfers back in 1978. Over 20 parents and mentors currently volunteer their knowledge, skills and abilities to the young golfers with classroom instruction, clinics and on-course instruction.

The program depends on the community as its largest support group, and in return participants in the program are required to participate in various community-service activities. The program also encourages continuation in higher education for students, who have received numerous scholarships and awards.

Participation in neighborhood events, such as the annual Good in the Neighborhood parade, Special Olympics and the Bite of Portland, also provides the youth the opportunity to serve the community.

**Les Whitworth C.P.A.**

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**Youth Basketball**

If your youth 6th-8th grade are still looking to play basketball, they still have time through the Portland Parks and Recreation team. We are still looking for a few young men to come and play.

**Our practice time is Tuesdays and Thursdays 6:50 p.m. until 8 p.m. at Vernon K-8 School.**

**Location: 2044 N.E. Killingsworth St.**  
**Contact Person: Coach Miller, 503-933-1763**

**Leisure Hour Jr. Golf Program**  
**Portland, Oregon**

[www.eteamz.com/LeisureHourJrGolf/](http://www.eteamz.com/LeisureHourJrGolf/)

Mailing Address: 3920 N.E. Highland Portland, OR 97211

Meeting Site-Maple Mallory Apts  
3800 N.E. Mallory Portland, OR 97212

(503) 320-0123 Primary  
(503) 936-8568 Secondary

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- Chronic headache and joint pain
- Workers Compensation injuries

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