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'City of Roses'

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Committed to Cultural Diversity

For Healthy Moms and Babies

Advocates help women choose breastfeeding

See Local News, page 3



Top Pick Helps Kids Set Goals

Blazer Anfernee Simons encourages kids to get active

See Metro, page 6



Disarmed with a Hug



Surveillance video from Parkrose High School shows Parkrose coach and security guard Keanon Lowe holding a student in an embrace after disarming him of a shotgun during an incident last May. Lowe handed the gun to another teacher who is seen taking it away from the scene. The video was released last week by the Multnomah County District Attorney.



Parkrose Coach Keanon Lowe

While the Parkrose School District Superintendent objected to the video's public release citing student rights under federal law, the Multnomah County District Attorney's office overruled him by releasing the video to local media.

In an interview with ESPN, Lowe described his thoughts in the moment after disarming the student. He said he looked into his eyes and saw humanity, not a picture of evil.

"It wasn't in me to beat him up or hold him down or hurt him, even though it was seconds after this crazy thing happened," Lowe said. "I felt his vibe, I felt how scared he was. I felt it all. I'll never forget the conversation I had with him. I told him I cared about him, that people cared about him. He was really surprised. He said, 'You do?' I said, 'Yep, I just met you and I care about you. It's going to be okay.'"

Multnomah Deputy District Attorney Parakram Singh said it was determined later that Granados-Diaz had only

New video shows humanity of hero coach

BY BEVERLY CORBELL
THE PORTLAND OBSERVER

Last May, when Parkrose High Coach Keanon Lowe disarmed a student with a shotgun, initial reports rightfully showered him with praise for stopping the 19-year-old and averting a school shooting, but now the full picture of Lowe's heroic actions have come to light in a dramatic way. The release of school sur-

veillance video for the first time shows that Lowe, a member of Portland's African American community, didn't physically bring the student to the ground to avert a disaster, he peacefully was able to take the gun from him and then give him a hug.

The video, first obtained by KOIN-TV shows the dramatic embrace. It was released just a week after Angel Grana-

dos-Diaz was handed three years of probation for bringing the gun to the school, a sentence to include mental health and substance abuse treatment.

Lowe is now getting a second dose of deserved national attention for his compassionate response, including top weekend coverage on ABC's Good Morning America and a long piece on the ESPN website.

CONTINUED ON PAGE 10



Worship in Pink

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Rep. Elijah Cummings at a hearing on Capitol Hill in March. (AP photo)

Elijah Cummings Funeral Set

Powerful Congressman was civil rights champion

A wake and funeral for U.S. Rep. Elijah Cummings will be held Friday, Oct 25 at the New Psalmist Baptist Church in Baltimore, Md., the congregation where he worshipped for nearly four decades.

Cummings, a sharecropper's son who rose to become a civil rights champion and the chairman of one of the U.S. House committees leading an impeachment inquiry of President Donald Trump, died Thursday of complications from longstanding health problems. He was 68.

Cummings was a formidable orator who advocated for the poor in his black-majority district, which encompasses a large portion of Baltimore and more well-to-do suburbs.

As chairman of the House Oversight and Reform Committee, he led investigations of the president's

government dealings, including probes in 2019 relating to Trump's family members serving in the White House.

A lifetime member of the NAACP, Cummings consistently brought attention to the plight of African-Americans and oppressed populations throughout his 23-year service in the U.S. House of Representatives.

He became a nationally-recognized figure when he was appointed the chair of the Committee on Oversight and Government Reform in 2019. One of the few African-Americans to lead such a prestigious committee, Rep. Cummings often took swift action to call out inequity and abuse of power when confronted.

"Among the many accolades he received throughout his storied life, his legacy of championing issues, facing injustice head-on and speaking truth to power will forever be a part of his greatest contributions," said Leon W. Russell, Chairman, NAACP Board of Directors.

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The Week in Review

Portland Student Mourned

Fighting back tears, the family of 18-year-old University of Portland student Owen Klinger described their son as "A beautiful, beautiful soul," Monday, two days after identifying a body found near the St John Bridge as him and two weeks after he went missing. The UP community also held a mass Tuesday to remember Klinger and to mourn his loss.



Teen Missing 12 Days

A foster mom put out a plea for her 16-year-old missing foster son, Doug Faoa, Tuesday, saying he has been missing for 12 days in Clackamas County and there's been no help in looking for him. Faoa left Palmer's home in Albany on Oct. 10, to spend 90 days at a treatment facility in Happy Valley.



Homeless Deaths Report

A report last week cited meth overdoses as the leading cause of homeless deaths across Multnomah County in 2018. At least 92 people died while experiencing homelessness in 2018 with methamphetamines listed as the leading contributor to 29% of those deaths. The report also found that 10 people died from homicides, 6 of which involved a gun.

Gov. Welcomes Refugees

Oregon Gov. Kate Brown has responded to a recent

executive order from President Trump which allows states to reject the resettlement of refugees by saying that refugees are welcome in Oregon. In a video posted Monday on Twitter, she called resettlement a lifeline that America provides to the world's most vulnerable refugees.

Gwen Ifill Memorialized

Trailblazing journalist Gwen Ifill will be memorialized on a new U.S. Postal Service Forever stamp. Ifill, who died in November 2016, became the first African American woman to host a national political TV talk show on PBS' Washington Week. She later became co-anchor of the PBS NewsHour.



New Bias Crime Conviction

A Portland man who attacked two gay men outside a downtown bakery pleaded guilty Friday, the first conviction under the state's new bias crime law. Don Kirchhoff, 50, was accused of using homophobic and racial terms against the couple before shoving one of them into a brick wall.

Lillard Named Best Leader

Who do NBA general managers view as the best leader in the league? Look no further than Portland Trail Blazers guard Damian Lillard. NBA.com released its annual GM survey on Thursday and Lillard earned the top spot when general managers were asked to name the best leader in the NBA.



The INSIDE

The Week in Review

page 2

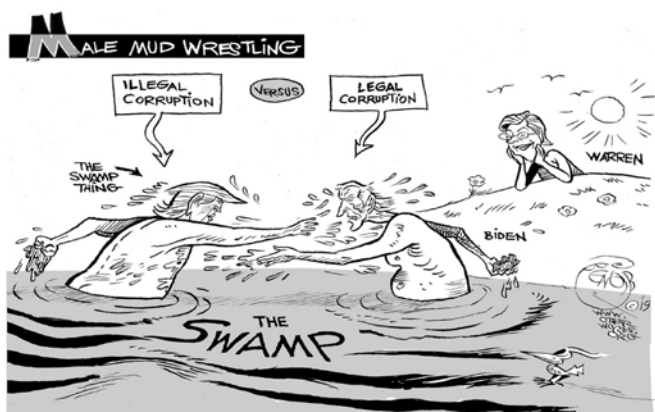


METRO

page 6



Arts & ENTERTAINMENT



OPINION

pages 9

LOCAL NEWS



A healthcare worker and a breastfeeding mom are pictured in this public domain photo from Wikipedia Commons. Portland's Black Parent Initiative has partnered with Multnomah County to provide culturally impactful support for breastfeeding mothers in the Portland area.

For Healthy Moms and Babies

Advocates help women choose breastfeeding

BY BEVERLY CORBELL
THE PORTLAND OBSERVER

African-American women tend to breastfeed their babies less than other groups, but a local nonprofit and Multnomah County are working to see those numbers increase to help improve health outcomes.

Linda Bryant-Daaka of the Black Parent Initiative said her nonprofit has partnered with the county's Racial and Ethnic Approaches to Community Health (REACH) program to provide

support for black breastfeeding mothers in the Portland area. They have collaborated on a new community effort, called the Sacred Roots Lactation Pilot Program, which began this month and hopes to increase the rate of breastfeeding among women of color.

New mothers are usually given advice on breastfeeding at the hospital, but some don't follow up because of cultural differences, Bryant-Daaka said. There are few black lactation experts in Portland except for her, she said, but she hopes to hire a recent graduate of Portland State University's lactation degree program to assist her who is also black.

"Hospitals have lactation on staff, but none are black, so some (new mothers) don't go back for their next assessment, so they are not consistently using these services," she said.

To bridge that gap, the Sacred Roots program is offering free home lactation visits for new moms, Bryant-Daaka said, a service that is usually expensive. Black Parent Initiative also offers doula services, she said, which is where most of her current clients come from, but she is hoping to get more referrals from hospitals in the future.

When she goes into a home, Bryant-Daaka can observe the

CONTINUED ON PAGE 4

New Youth Violence Prevention Leader

Mayor Ted Wheeler has appointed Nike Greene as the new director of the Office of Youth Violence Prevention. Greene is currently the director of Education and Community Engagement for the Portland's Center for the Performing Arts, is a licensed marriage and family therapist, and co-pastors with her husband Herman Greene at the Abundant Life PDX Church.

Greene, who has four children and coaches girls' basketball at Roosevelt High, will bring "heal-



Nike Greene

ing, inspiration and a message of hope to all she serves through her tireless community engagement," Wheeler said. "We're confident she will continue the positive and powerful work being done by the OYVP to support communities to live free from violence and to offer trauma informed care to those who need it most."

Greene will start her new job on Nov. 12. She replaces Antoinette Edwards who retired in July after 10 years as director of the office.

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Healthy Moms and Babies

CONTINUED FROM PAGE 3

mother breastfeeding and help her solve any problems, she said.

"We are trying to assess if the mom is having difficulty, has she breastfed before and what are her challenges?" she said. "We take an in depth history and ask about actual challenges the mom is having, then observe the actual feeding."

There are many reasons a mother can have trouble breastfeeding, she said.

"It's like a puzzle. You have the baby, the physical structure of the mom and the anatomy of the baby's mouth," she said. Sometimes a baby can be tongue-tied, she said, or there can be complications from infections, and many other problems that a lactation consultant can help solve.

Breastfeeding gives a baby better immune defenses, causes less stomach upset than formula, helps the mother's body heal faster, and even helps the child's IQ, among other advantages. Anyone interested in learning how to get involved in the Sacred Roots program can call Bryant-Daaka 503-430-9072.

Formed in 2006, it was through Black Parent Initiative's work in helping black families achieve financial, educational and spiritual success, that they discovered that there is a community need for more support with breastfeeding for black mothers and families.

"Breastfeeding benefits all of us now and into the future," Bryant-Daaka said. "We, the African-American and African immigrant community, have a lower breastfeeding rate among our people and also we know the benefits are far-reaching for the mother and the child."

One reason for the low rate of breastfeeding among blacks is lack of information, Bryant-Daaka said, and in the past there have

been very few African-American lactation consultants, sometimes leading to cultural missteps.

"A lot of times they have negative experiences, and a lot of times a lactation consultant is not a racial match," she said. That can lead to misunderstandings, she said. For example, many black women prefer several minutes of conversation before letting a health care provider touch their breasts.

"There's a cultural lack of understanding that is preventing moms from utilizing these services," she said.

Keara Rodela of the county's REACH program said the Sacred Roots program will help ensure family support for breastfeeding moms.

"Successful breastfeeding can happen when families have the support they need from everyone around them, including health care providers," she said.

"We want to look at how we can support moms with lactation support between the hospital and the community," she said. "They might get support in the hospital, but not always when they get home. We want to see how we can make a better connection between the hospital and when they get home."

Getting the program off the ground is phase one of the pilot project, Rodela said, and will lead to phase two.

"In phase two, one of the things we will look at is policy, with information and data we hope to collect from the pilot project and also with focuses on lactation professionals with moms and dads and what support looks like for them."

After making assessments, the program will be tweaked and policies set in place, she said.

"Our ultimate goal is to increase lactation and access to lactation consultants for black moms."



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Play Inspired by AIDS Chaos

OPINIONATED JUDGE

BY
DARLEEN ORTEGA



Portland's Profile Theatre makes the writers of original plays its focus, delving each season into the work of one or two playwrights. This season brings a focus on the great Paula Vogel, whose play "Indecent" so won my heart at the Oregon Shakespeare Festival this past season. Profile, too, will mount a production of "Indecent" later this year--but first, it has produced "The Baltimore Waltz," which was the play that first brought Vogel to national prominence and earned her an Obie Award for Best Play in 1992.

It's a tricky play to produce, perhaps more so than when it premiered in the early 1990s. It was inspired by the loss of Vogel's brother Carl to AIDS--but unlike more direct and polemical approaches to that subject matter (such as "Angels in America" or "The Normal Heart"), Vogel's play is more indirect and personal. She and Carl had talked about traveling to Europe together but missed the opportunity before he got sick. Rather than directly depict her brother's illness, Vogel circles it with an imagined and often broadly comedic trip to Europe between a brother and sister, Carl and Anna, inspired by learning that the sister is terminally ill with a newly discovered terminal illness that the public health system can't seem to find a reason to prioritize.

Vogel's more fantastical approach captures a sense of the chaos of the early AIDS crisis--the feeling of unreality, the senselessness of people dying for no reason, a lack of concern among medical providers--but those aspects of the crisis were more accessible for audiences who experienced that sense of chaos back in the late '80s and early '90s than for audiences looking back from this distance. Vogel has scrambled the ele-

ments of her and her brother's experience in a way that is literarily and psychologically interesting but that makes the play harder to access than it may originally have been; in this production, at least, despite an inventive set design, it's a little hard to decipher that the trip to Europe is all a fantasy in Anna's head while the play is actually taking place in Carl's hospital room.

That said, the cast of three is strong. Jen Rowe is a fierce Anna, capturing a sense of frenzy that seasons the play's humor and also holds some of the desperation that attends the loss of a beloved brother to a senseless illness. Dan Kitrosser is a gentle Carl, ironic and a bit mysterious; Carl doesn't tell us everything and is carrying some secrets, including from Anna. Joshua Weinstein is a nimble Third Man, shifting roles from doctor to waiter to mysterious stranger to a series of lovers for Anna, alternating from cold to comic to seductive. The play asks a lot of the cast and especially Weinstein, who must shift shapes and moods as Anna dodges and struggles with the reality of losing Carl.

It's a quirky play that works better in memory than in the



PHOTO COURTESY BY DAVID KINDER/PROFILE THEATRE

Dan Kitrosser (left) and Josh Weinstein in Profile Theatre's production of "The Baltimore Waltz," now playing through Nov. 3 at Imago Theatre, 17 S.E. Eighth Ave.

moment, not unlike how the brain circles and dodges and dances around a painful experience. This production will keep you laughing and leave you with lots to chew on. "The Baltimore Waltz" is now showing through Nov. 3 at Imago Theater.

Darleen Ortega is a judge on the Oregon Court of Appeals and the first woman of color to serve in that capacity. Her movie review and theater arts column Opinionated Judge appears regularly in The Portland Observer.



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Portland Trail Blazers shooting guard Anfernee Simons attends an assembly at Glenfair Elementary in the Reynolds School District Friday to dedicate new gym equipment, a new coat of paint and other improvements made possible by a grant from United Health Care.

Top Pick Helps Kids Set Goals

Anfernee Simons encourages kids to get active

The Trail Blazer's top pick of the 2018 NBA draft and a young guard poised to become a household name in the NBA took time to give back at Glenfair Elementary School Fri-

day when he attended a dedication of new gym equipment from United Health Care of Oregon. The diverse school at 15300 N.E. Glisan St. is in the Reynolds School District.

Anfernee Simons, 20, spoke to the students and school community about the importance of getting physical activity in different ways for good health and achieving in sports. He also picked up a basket-

ball to play a game of knockout. Simons adopted the school as part of his "Dreambuilders" program.

Simons is entering his second season in the league and with the Blazers this fall. Local media and Blazers fans have been giving him a lot of praise of late saying he is playing with an unbelievable amount of confidence, showing no fear in the preseason with his enthusiasm and skills.

Blazer executive Neil Olshey called him "the best young guard in the league" and as gifted a player as anyone he has drafted in 15 years in the NBA.

A \$22,000 grant from United Health Care is funding the new gym equipment including a rock-climbing wall, new basketball backboards and a fresh coat of paint throughout the entire space.

Arts & ENTERTAINMENT

Finding a Way to Love

Hip hop infused drama about history, identity and DNA

A young black woman's relationship with her white boyfriend is thrown into turmoil when her uncle's exploration of their family's lineage reveals that her ancestors were enslaved by her boyfriend's ancestors.

"Redwood," a new play performed and written by Brittany K. Allen, an accomplished New York-based actor and playwright, makes its world premiere at Portland Center Stage at the Armory. Preview shows begin on Saturday, Oct. 26, opening night is Friday, Nov. 1 and

the show plays through Nov. 17.

Guided by a hip-hop dance class chorus, the vibrant and humor-filled, theater production is about finding a way to live and love in a present that's overpopulated with ghosts.

"How much of our identity is something we choose? And how much of it is tied to our genealogy – the traumas and joys of our ancestors being passed along to us through generations?" said Chip Miller, the play's associate producer. "That Brittany is able to ask these challenging questions while maintaining a true sense of joy, surprise, and theatricality, continues to astound me. Plus, there's dancing!"

Tickets are \$25 to \$87. Visit pcs.org, call 503-445-3700 or the box office at 128 N.W. 11th Ave.



Brittany K. Allen stars in the world premiere of her play 'Redwood' at Portland Center Stage at the Armory.



You're invited to learn the art of Japanese pruning with Masa Mizuno, a highly respected master of Japanese garden cultivation in one of a series of gardening workshops by the Horticulture Department at Clackamas Community College.

Fall Gardening Workshops

The Horticulture Department at Clackamas Community College invites the community to enroll in series of gardening workshops this fall.

The session topics are Pesticide Laws and Safety, Foundations of Irrigation Design, Japanese Style Pruning; Creating Hypertufa Containers, and Pesticide Core Training. Some of the workshops run several days and fees range from \$35 to \$181.

All of the sessions meet in Clairmont Hall on the Oregon City campus, 19600 Molalla Ave. For information on how to register for classes, contact Loretta Mills at 503-594-3292 or lorettam@clackamas.edu.

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Arts & ENTERTAINMENT

Two brothers launch a ghost-hunting business in "The Brothers Paranormal," co-produced by Portland's CoHo Productions and Theatre Diaspora showing Friday, Oct. 25 through Nov. 16 at CoHo Theater, 2257 N.W. Raleigh.



Discover the Shocking Truth

Two brothers launch a ghost-hunting business to capitalize on a nationwide increase in sightings of "Asian-looking ghosts" in "The Brothers Paranormal."

The play has the siblings investigating the home of an African-American couple displaced by Hurricane Katrina and haunted by a terrifying spirit. Everyone involved must reevaluate their no-

tions of sanity and superstition to discover the shocking truth.

The spooky and heartfelt story is from award-winning Los Angeles playwright Prince Gomolvilas and shows Friday, Oct. 25 through Nov. 16 at CoHo Theater, 2257 N.W. Raleigh. The play is co-produced by Portland's CoHo Productions and Theatre Diaspora, Oregon's only Asian American and Pacific Islander theater company.

'Day of the Dead' Movie



The Hollywood Theater in northeast Portland presents a screening of the 2019 animated film "Day of the Dead" on Sunday, Oct. 27 at 2 p.m. The movie directed by Carlos Gutierrez is a tribute to the annual holiday celebrated in Mexico and other parts of the world. This new film is centered on the little town of Santa Clara, Mexico, where the spirits return once a year for the Day of the Dead, and Salma, a 16-year-old orphan who has never met her biological parents. Salma has spent most of her life dedicated to searching out clues for her parents' identity and their whereabouts. But without any memories or keepsakes to put on their altar on the Day of the Dead, Salma is lost with how to bring them back to meet her.

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A Clash of Cultures

A powerful opera that forces American audiences to consider our history, culture and the unknown victims of our past foreign policy opens at Keller Auditorium this weekend thanks to Portland Opera's production of "Madama Butterfly."

The Giacomo Puccini masterpiece is one of the most powerful operas of all time and stars internationally acclaimed soprano Hiromi Omura in the title role.

"Madama Butterfly" tells the story of a young wife and mother named Cio-Cio-San, in Nagasaki, Japan, in 1904. She waits for the return of her beloved B.F. Pinkerton, a lieutenant in the United States Navy. When his ship comes in, her dreams for the future meet his – with tragic and heartbreaking results.

"Madama Butterfly" has four performances, Oct. 25, Oct. 26, Oct. 31 and Nov. 2. For more information, and to purchase tickets, visit portlandopera.org or call 503-241-1802.



PHOTO COURTESY PORTLAND OPERA

Internationally acclaimed soprano Hiromi Omura in the title role of Portland Opera's "Madama Butterfly."

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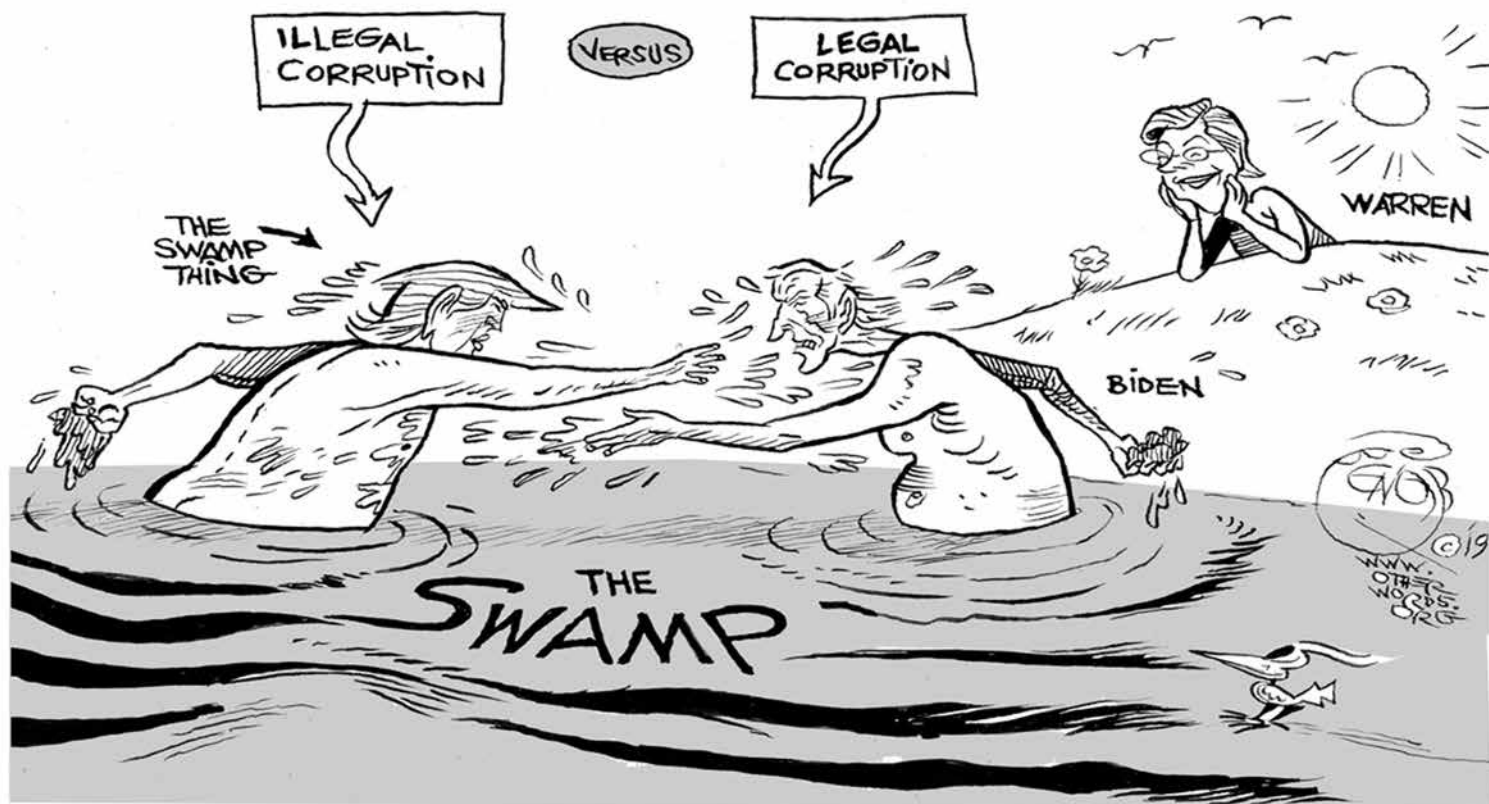
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OPINION

MALE MUD WRESTLING



Medical Debt and Surprise Medical Bills

I am all too familiar with the problem

BY ALICIA RIDDLE

We all know that people of color are disproportionately impacted by health care disparities. This truth also applies to problems flowing from medical debt.

Studies have shown that nonelderly black Americans are more likely to have past-due medical debt than the national average. This stems from a wide variety of sources not limited to wealth inequality, structural and historic deficiencies based on race and the fact that black people are more likely to be underinsured or lack insurance.

Lingering medical debt can end up on your credit report and lower your credit score, which means you may not be able to borrow for a mortgage or small business—or you may pay more when you do borrow. Credit report information can also be used to determine whether you get a job or rent an apartment and how much you pay in insurance premiums.

In short, it is important that we address the problem of medical debt burdens as a burden to advancement by black Americans and one way to do that is to stop the originators of that debt. One solution I would like to suggest to Congress: Stop the practice of surprise medical billing.

Surprise medical bills — those unexpected and often pricey bills patients face when they get care from a doctor or hospital that isn't in their insurance network — are a huge problem for many Americans and can be a major driver in the creation of a medical debt burden.

As a mother of children with special

needs, I am all too familiar with the problem of high deductibles and have been a victim myself to a surprise medical bill for a service that my insurance carrier decided was out-of-network leaving me with the full freight.

Medical insurance is supposed to make it easier and affordable for patients to see a doctor or get medical care. Congress must keep this in mind as they take up the issue of surprise medical bills and legislative proposals

Surprise medical bills — those unexpected and often pricey bills patients face when they get care from a doctor or hospital that isn't in their insurance network — are a huge problem for many Americans and can be a major driver in the creation of a medical debt burden.

als that cap rates on reimbursements which may create more problems than they solve.

Side effects of rate setting may include doctor shortages, especially in underserved and rural communities, as we have seen in California after that state capped out of network rates. Further side effects may include a shrinking number of "in-network" options, as insurance companies lower their costs and maximize their profits thanks to the leverage this system gives them over doctors and hospitals.

While such proposals might have good

intentions about taking the surprise out of medical billing, they would also make it more difficult for patients to see a doctor. We should look to proven solutions instead of trying to treat a sickness with a cure worse than the disease.

There are multiple issues that must be addressed as to how our country's system is working for black Americans but tackling the surprise medical billing can take that issue

off the table while also helping on the issue of medical debt. Congress should act and act in the right way.

Alicia Riddle is a lifelong resident of Oregon. After two decades of work within direct behavioral services with children and adults, she is currently a Trainee in the Leadership in Education of Neuro-developmental Disabilities program at the Child Development and Rehabilitation Center at OHSU. She resides in northeast Portland with her two sons with special needs, who are both students at Portland Public Schools.



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Subsidized Housing Waiting List Opening

Studios, 1, 2, and 3 bedrooms
Thursday, October 24, 2019 through
Monday, October 28, 2019

Home Forward is excited to announce that lists for studio, one-, two-, and three-bedroom apartments at fourteen subsidized communities will be open from October 24 – October 28, 2019. Applicants must meet income and eligibility guidelines.

Call 503-280-3760 option 3 (TTY: 503-802-8554) or visit our website for more information. Applications will be accepted online from any internet capable device at www.homeforward.org beginning October 24 at 9:00 am.

You can apply at: 135 SW Ash St. Portland, OR 97204 from 9:00 AM – 4:00 PM Thursday, October 24, Friday, October 25, and October 28, 2019. Assistance will not be available Saturday or Sunday, October 26 & 27, 2019.



REQUEST FOR BIDS

MWH CONSTRUCTORS PORTLAND WATER BUREAU'S CORROSION CONTROL IMPROVEMENTS PROJECT

Bids due 1:00 pm, 11/22/2019

MWH Constructors is soliciting subcontractors to supply and construct a pre-engineered metal building and three pre-engineered metal canopies. If interested, please contact Ben McGeachy at ben.mcgeachy@mwhconstructors.com

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SUB BIDS REQUESTED

Portland International Airport (PDX) Parking Additions and Consolidated Rental Car Facility (PACR)

Bid Package 12 – Interior Finishes and Site Improvements

JE Dunn Construction invites written Bids from qualified Trade Partners to provide construction services for the following scopes of work on the PACR project:

- Overhead Doors and Grilles
- Acoustic Baffle Ceilings and Wall Panels
- Resilient Flooring and Carpet
- Terrazzo Flooring
- Pavement Markings

Bidding Documents may be viewed and/or obtained electronically on SmartBid through a Bid Invitation issued by the Contractor.

To be issued a Bid Invitation, contact Robert Means at:
Robert.Means@jedunn.com.

Bids due 2:00pm PST November 15th, 2019

Bids may be delivered by email to Robert.Means@jedunn.com. Any Bid received after the specified date and time will not be considered.

PACR has MWVESB participation goals of 10% for design and 15% for construction.

A non-mandatory Pre-Bid Conference will be located at Portland International Airport Conference Center, located at 7000 NE Airport Way, Portland, OR 97218 in the Multnomah Conference Room on **Wednesday, October 30th, at 1:00pm** for the purpose of answering any questions from prospective Bidders. Attendance is strongly encouraged. No other Pre-Bid Conference will be held.



JE Dunn Construction reserves the right to select the best value response, negotiate with multiple bidders, or reject all responses. This is an Equal Opportunity and encourages Minority, Woman, Veteran, and Emerging Small Business participation.

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planned to harm himself. A single bullet was found in the gun and he never pointed the gun at anyone but himself.

"Through the course of the investigation it became clear to law enforcement and our office that Mr. Granados-Diaz did not have the intent to hurt anyone other than himself while at Parkrose High School," Singh said. In a statement from his lawyer, the student thanked Coach Lowe for what he did that day, and said he wanted to move forward in his life, in the best way possible.

Lowe, who had been a stand-out athlete at Jesuit High School in southwest Portland, and was a wide receiver at the University of Oregon from 2011 to 2014, earned the praise of his former offensive coordinator and wide receiver coach at Oregon, Matt Lubick.

"He always found ways to spring a big run, or spring touchdown runs by running backs," Lubick said. "He was unselfish, did everything he needed to do to help out team win. Every single day, he brought energy."

Before coming to Parkrose just a year ago, Lowe spent time coaching for the NFL, working first for the Philadelphia Eagles and then for the San Francisco 49ers, but the death of a close friend, who, like Granados-Diaz, had mental health and drug abuse problems, changed Lowe's life. Taylor Martinek was just 24 when he died of an accidental opioid overdose, and led Lowe to make the decision to come back home and try to make a difference in young people's lives.

Though he had no head coaching experience, Lowe was hired at Parkrose because

he convinced the hiring committee that he really wanted to give back to his community.

"It's a small, forgotten school," Lowe told ESPN. "Not a lot of winning, not a lot of tradition, not a lot of great things from an athletic standpoint in the last 30 years. That's what attracted me to the place."

Drake Shelton, assistant principal at Parkrose who recruited Lowe for his job, said he'll never forget the moment he encountered Lowe after Granados-Diaz had been arrested.

"He looked at me, almost like he was in a football game, and he said, 'That's why you brought me here!' And he banged his hand against his chest. Me and him both do that to each other. It was one of those things, like he scored 10 touchdowns. Because he'd just been in the fight of his life."

Lowe's mother, Jen Lowe, said she knows that her son is at Parkrose for a good reason.

"A lot of times we don't know why we are where we are, but everything happens for a reason," she said. "It's amazing all of it happened and his life leading up to it prepared him for that specific moment. He acted. Instinctively, he acted."

Dominique "Domo" Forrest, who was best friends with Lowe and Taylor Martinek when they all played ball at Jesuit, said Lowe is a model human being.

"He's an example of what people should be doing," Forrest said. "People should want to go to the schools and help where they're needed the most. People should want to hug the kids who need the most love. Spread love and give love and save people and provide hope in environments like that. That's Keanon. His life prepared him for that, and is preparing him to do more."

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Obituary



In Loving Memory

Barbara Faye Barber

Barbara Faye Barber was born Aug. 5, 1952 and died Oct. 13, 2019. Viewing is scheduled for Thursday, Oct. 24, from 4 p.m. to 7 p.m. at Terry Family Funeral Home, 2337 N. Williams Ave. A memorial service will be held Friday, Oct. 25 at 11 a.m. at Highland Christian Center, 7600 N.E. Glisan St.

For more information or sending flowers and cards, contact Terry Family Funeral Home at 503-249-1788 or visit terryfamilyfuneralhome.com.

In Loving Memory

Billy Easter Sr.

Billy Easter Sr. was born on March 21, 1939 in Meridian, Miss. to Ms. Vasti Easter and Lester Longmire.

He began his journey as a young adult with the values of God and family. On April 7, 1963 he married the love of his life and soul mate, Veronica Williams. To this union they welcomed two children, Cheanice Lovette Easter and Billy Lamar Easter. Years later they adopted his wife's niece, Donna Fisher and the family moved to Portland.

A devoted husband and father, he was ordained as an elder at Faith Tabernacle Church of Portland on July 18, 1984. He served faithfully as an elder, deacon, Sunday school teacher, transportation minister and sound engineer. He continued his service at Grace Covenant Fellowship of Portland and Word of Truth Worship Center of Meridian, Miss. He and his wife were faithful members of Agape Storehouse Church, also of Meridian.

He spent his entire career working at Smurfit Stone Container Corporation in Portland, retiring in 2007. He and his loving wife retired to his childhood home of Meridian. He spent much of his time working on cars, reading his Bible, fishing, hanging out



with family and friends and sharing the goodness of the lord.

Remembering his legacy are his loving wife, Veronica; daughters Cheanice (Chris) Stone and Donna (Phillip) Thompson; son Billy (Phyllis) Easter; five grandchildren, seven great-grand children, two sisters, one brother and a host of nieces, nephews, cousins, extended church family and friends.

This loving son, husband, grandfather, great-grandfather, brother and uncle, transcended from his earthly home to his heavenly home on Sept. 30, 2019.

All Things Being Equal

A thought-provoking look at how art can show how modern culture perpetuates discrimination, titled "All Things Being Equal" by African American artist Hank Willis Thomas, runs through Jan. 12 at the Portland Art Museum. Features more than 90 works, including sculptures based on archival photographs, quilts constructed from sports jerseys and prison uniforms, video installations, and more.

Zoo's 'Howloween' – Trick-or-treaters can fill their bags with goodies and learn about wildlife during the Oregon Zoo's annual Howloween festivities, Saturday and Sunday, Oct. 26-27. Activities take place from 9:30 a.m. to 3 p.m. each day and are free with zoo admission.

Fighting for the Right to Fight: African American Experiences in World War II – On loan from the National WWII Museum through Jan. 12, The Oregon Historical Society, downtown, presents exhibit on the African American experience in World War II and in the Civil Rights era following the war.

Science Fiction Film Festival – The Oregon Museum of Science

ENTERTAINMENT GUIDE

and Industry Sci-Fi Film Festival is in full swing showcasing more than 25 of science fiction's most memorable films on the Empirical Theater's giant four-story tall screen. Screenings run through Nov. 6. For a complete schedule, visit omsi.edu.

Musical Tribute – Maranatha

Church of God celebrates Rev. Dr. T. Allen Bethel and his wife on their 25 years of service to the congregation and serving the Portland community with a concert featuring National Gospel Recording Artists Shawn Bigby, Yolanda "Yoli" DeBerry and Lena Byrd-Miles. Friday, Oct. 25; 7:30 p.m., Tickets \$25. Visit Eventbrite.com (search 25th anniversary celebration) or call 503-236-8503.

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Dr. Billy R. Flowers

Part 13

Shoulder Pain:
Why many people cannot, and should not, take it lying down.

Q: My shoulders hurt so bad at times, I can hardly sleep. What can Chiropractic do for me that no one else has been able to?

A: Shoulder pain is without

question, one of the most debilitating types of pain we encounter. Because the shoulder is so intricately related to the spine, virtually any movement can be excruciating. It is not at all uncommon to see cases like yours where patients' hurt so bad, they cannot even get a decent night's sleep. To Complicate matters, many patients go from doctor to doctor seeking relief, being told they have bursitis at one office, tenosynovitis at another and so on until they return home confused, frustrated and still in agony. As Chiropractors, we are concerned about nerve flow to the various parts of the body. Of course, we look to see if a bursal sac has

been traumatized or if a tendon has been injured. But more importantly, we look to see what caused the injury. You see, the cause was there long before the pain itself. By treating the cause, we not only relieve the pain, don't suffer through another sleepless night.

Call for an appointment to find out how Chiropractic can eliminate the cause of the problem once and for all. Or feel free to call us if you have any questions whatsoever about your health.

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Nurse to Lead Legacy Hospitals

Gretchen Nichols has been named president for the Columbia Region of Legacy Health with responsibilities to include leadership of the Portland area's Legacy Emanuel and Legacy Mount Hood medical centers.

A registered nurse, Nichols came to Legacy in 2007 as Legacy Mount Hood's chief nursing officer. She served as president of Legacy Mount Hood Medical Center from 2009 to 2019. Most recently, she served as interim president of Unity Center for Behavioral Health.

During her tenure at Legacy Mount Hood, Nichols oversaw a significant expansion of ser-



Gretchen Nichols

vices, including the addition of advanced cardiac care, a fast-growing robotic surgery practice, and the launch of a regional gastroenterology and endoscopy center, and led the hospital in achieving high marks in quality and service.

"Gretchen brings a strong track record of developing new services and programs and a deep experience in East County to the regional president role," said Trent Green, senior vice president and chief operating officer, Legacy Health. "Her leadership will help Legacy Emanuel and Legacy Mount Hood continue to grow and innovate while providing outstanding patient care."

Man Killed Collecting Bottles

There's no new information to report on the death of Ricky Malone Sr., a 65-year-old black man found dead a week ago in the St. Johns neighborhood of north Portland.

Police said Malone had



Ricky Malone Sr.

called out on a welfare check. He later died.

Authorities were also investigating a home invasion that happened a couple of hours earlier about a mile away on North Midway Avenue. In that incident, three people in Halloween masks, one armed with a shotgun, entered a home but were confronted and chased away by the resident.

No arrests have been made in either incident, but both are still under investigation.

Anyone with information on either incident is asked to Detective Travis Law at 503-823-0395, travis.law@portlandoregon.gov or Detective Todd Gradwahl at 503-823-0990, todd.gradwahl@portlandoregon.gov.

been collecting bottles and cans on North Mohawk Avenue when he was hit with a single shotgun blast to the chest. He was found injured around 6:15 a.m. on Oct 14 by officers who had been

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MONDAY - FRIDAY

12 Midnight - 3 A.M.
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3 A.M. - 7 A.M.
TOM JOYNER

7 A.M. - 10 A.M.
TONI TERRELL

10 A.M. - 1 P.M.
REV. AL SHARPTON
(KEEPING IT REAL)

1 P.M. - 3 P.M.
KENNY SMOOV

3 P.M. - 7 P.M.
D.L. HUGHLEY

7 P.M. - 9 P.M.
PAPA SMURF

9 P.M. - 12 Midnight
MIKE SHANNON

SUNDAY

12 Midnight - 3 A.M.
MIKE SHANNON

3 A.M. - 6 A.M.
TOYA BEASLEY

6 A.M. - 12 NOON
SUNDAY MORNING GOSPEL
W/ANGELA

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