



## Fitness with JJ

*Tips for getting  
your routine  
back on track*

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## Empowering Sisterhood

*Group reconvening  
to affirm power  
and strength*

See Metro, page 9



# The Portland Observer

October is Breast Cancer Awareness Month  
Volume XLVI • Number 42



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Wednesday • October 18, 2017



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# Healing and Making Good

Vicki Guinn, a public relations manager at Legacy Health, oversees the community outreach into plans to develop a vacant lot next to Legacy Emanuel Hospital for community use while acknowledging the black community that was displaced from the site decades ago. The exhibit behind her in the hospital's atrium tells the story of urban renewal in the 1960s and 1970s and its impact on a black community that continues to this day.

PHOTO BY  
DANNY PETERSON/  
THE PORTLAND OBSERVER



## Past and future Intertwined in Hill Block development

BY DANNY PETERSON  
THE PORTLAND OBSERVER

Plans to finally develop an empty lot that has long represented a sore spot in the heart of Portland's historic African American community is taking some root, but the details are far from formalized as community conversations and public input is still being gathered.

The 1.7 acre block at North Russell Street and Williams Avenue was demolished in 1969 by the city's Portland Development Commission, now called Portland Prosper, as part of an urban renewal project that included the construction of Interstate 5, the Oregon Convention Center, and Legacy Emanuel Hospital.

Lost in its wake, was a predominately black community and many black businesses, including apartments, a drug store and dry cleaners. It was a familiar trend that was going on at the time around the nation in so called "blighted" neighbor-



PHOTO BY DANNY PETERSON/THE PORTLAND OBSERVER

Vacant for decades, the Hill Block was once the center of African American life in Portland at North Russell Street and Williams Avenue. Plans call for developing the site with benefits to the black community that was displaced.

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Gresham City Hall  
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November 9, 6–8 p.m.

Milwaukie High School  
2301 SE Willard St.

#### Hillsboro

November 14, 6–8 p.m.

Centro de Prosperidad  
400 E Main St., Suite 110

#### Downtown Portland

November 15, 6–8 p.m.

University of Oregon  
White Stag Building  
70 NW Couch St.

**TRIMET**

## The Week in Review

### Latest Travel Ban Blocked

A federal judge in Hawaii has temporarily blocked the latest version of President Trump's travel ban. In a 40 page decision, hours before the ban was set to go into effect, U.S. District Judge Derrick K. Watson found Trump's executive order plainly discriminates based on nationality and "suffers from precisely the same maladies as its predecessor."



### Thorns Win Championship

Lindsay Horan scored in the 50th minute and the Portland Thorns beat the North Carolina Courage 1-0 on Saturday to win the National Women's Soccer League championship. The Thorns also won the NWSL's inaugural championship in 2013.

### Eudaly Okays RV Camping

Addressing the shortage of affordable housing, Portland Commissioner Chloe Eudaly announced a plan over the weekend to suspend enforcement of overnight RV camping and tiny homes on wheels, as long as they're parked

on private property. Eudaly oversees the bureau which enforces code compliance. A permanent change will require a council vote.

### EF-0 Tornado in Vancouver

The National Weather Service in Portland confirmed an EF-0 tornado caused minor damage north of Vancouver Thursday. No injuries were reported.



### ICE Protesters Arrested

A group of protestors were arrested in southwest Portland last week for blocking a bus taking undocumented immigrants to a Tacoma detention center. It happened in front of the Immigration and Customs Enforcement (ICE) offices. Five of the protestors had their arms bound together forming a human chain in front of the building.

### Boys & Girls Club New Look

The Blazers Boys & Girls Club in northeast Portland unveiled a redecorated facility and several improvements on Thursday. Trail Blazers legend Terry Porter and several current Blazers showed up to the big event. Porter reminisced on helping start the club 20 years ago when he was a member of the team and the ongoing value the club gives to young people from the community.

## Correction: Martin Retirement Not Yet

Thomas Martin, owner and operator of Martin Cleaning Service, doesn't plan to retire until next year in 2018 and no date has been set when exactly that will happen.

We regret that in our coverage of the Portland business owner in our Oct. 4 Minority and Small

Business special issue (Trusty Service for 19 Years) that readers were left with the incorrect impression that the retirement had already happened.

Martin says he's still available for all your carpet and upholstery cleaning needs by calling him at 503-281-3949.

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This page  
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# Fred Meyer®

What's on your list today?®



Access Academy students, teachers, and parents gather outside the Portland Public Schools administration building in north Portland to protest a proposal that would split Access students across eight schools.

## Gifted School Protests Closure

### Academy faces breakup after KairosPDX saved

BY DANNY PETERSON  
THE PORTLAND OBSERVER

Students, teachers, and parents of Access Academy gathered outside the administration building for

Portland Public Schools Monday to call for keeping their diverse school intact and rejecting a new proposal to split Access's students across eight schools.

The latest plan avoids the potential displacement of KairosPDX, now home to a public charter school serving mostly African American students at the former Humboldt Elementary on North

Gantenbein Avenue in the heart of the African American community.

Last month, Portland Public Schools proposed moving Access to Humboldt thereby forcing KairosPDX to find another home. But the proposal fell through after much criticism from the black community and public officials, who decried

CONTINUED ON PAGE 6

## Esteemed Couple Win Payouts

### Unfair job termination and profiling cases settled

BY DANNY PETERSON  
THE PORTLAND OBSERVER

Two esteemed members of the African American community, Erius Johnson Jr. and Nkenge Harmon Johnson, who are married, both settled separate lawsuits against the State of Oregon, it was announced last week.

Erius Johnson Jr., who was the top civil rights lawyer for the Oregon Department of Justice until Friday, ended his racial profiling case against the state for \$205,000, but he also resigns his employment with the state as part of the terms of the settlement.

Nkenge Harmon Johnson, the president and chief executive officer of the Urban League of Portland, ended her lawsuit claiming unfair termination for being a whistleblower in the office of former Gov. John Kitzhaber. She was awarded \$70,000 to settle her case, according



Erius Johnson Jr.

to terms of the settlement.

In 2015, Erius Johnson Jr. found out that he was surveilled online by one of his colleagues, James Williams, who used a tool called "Digital Stakeout" to search for terms like "Black Lives Matter" on social media. Johnson had been using a Black Lives Matter hashtag and made references to rap group Public Enemy on Twitter. Williams prepared a memo, at the request of his supervisors, detailing the social media activity.

The surveillance and memo may have constituted racial profil-



Nkenge Harmon Johnson

ing and violated laws against gathering information on a person's political outlook without evidence of a crime being committed, Attorney General Ellen Rosenblum determined.

As former Gov. Kitzhaber's ex-communications director, Nkenge Harmon Johnson was dismissed three days after she questioned then-First Lady Cylvia Hayes' involvement in Kitzhaber's re-election campaign and policy issues at a 2014 staff meeting. Harmon Johnson said the firing was unjust.



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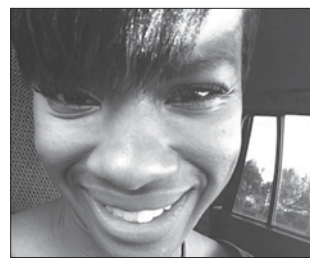
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## Bouncing back from adversity

Environmental conditions can affect your breathing and challenge an active lifestyle. Sadly, when our beloved Columbia River Gorge erupted into a massive wildfire last month, the air all over Portland was filled with smoke and ashes, underlining how important the ability to take a breath really is.

According to a website the compiles and compares air quality levels for different countries, the smoke here caused worse pollution levels than the notorious bad air of Beijing, China. I am sure you noticed that your body ached more, you were more sleepy than usual, or had headaches, dizziness or even blurred vision. Curled up on my couch is where I decided to spend the smoky days.

Sometimes all it takes is a break in your routine to throw you off track. What do you do when this happens? How do you hold yourself accountable? The following three easy steps can help get you back on your fitness journey:

**1. Set goals.** Make sure that includes a time frame of what workouts you are trying to make happen and how are you going to accomplish them. Putting a plan

in place will give you incentives as you reach for your goals. Weddings, holidays and birthdays are popular events to set fitness goals around.

**2. Track your progress.** There are a variety of ways you can record your progress and keep track of it from week to week, from a simple notepad, an App for your phone or a fitness tracker. You will find it helpful to also track how you feel, the meals you ate and changes you notice within yourself.

**3. Partner Up!** I cannot stress enough the importance of having a friend help you with your fitness goals. Research studies show that if you decide to go at this alone you will last less than 10 weeks. Partner up and you have another feather of fitness accountability for your hat!

Janita "JJ" Jones is a fitness professional and sports journalist for the Portland Observer. Find her cheering on her alma maters the University of Nevada and Benson High School, chasing after her baby dragons, coaching amazing athletes or teaching exercise classes. She can be reached via email at [jj@theportlandobserver.com](mailto:jj@theportlandobserver.com).

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# Healing and Making Good

CONTINUED FROM FRONT

hoods.

The Hill block was then sold to Legacy Emanuel Hospital in 1980 for \$397,000, but remained undeveloped until now. The change came this summer when Legacy announced it was willing to donate the entire block back to the city for something that would benefit the African-American community while retaining some space on the block for possible medical use.

Some possible developments talked about so far include affordable and workforce housing for seniors and families, community gathering spaces, a culture business hub, open space, retail spaces, and other desired amenities that would be geared toward a revitalized community.

The proposal, however, did get some pushback when the announcement was made last August, mainly over concerns that Legacy should not benefit from any public monies used on the project.

Some members of the agency's urban renewal advisory committee for north and northeast Portland spoke out at the time to express their concerns, including Leesha Posey, Rhsaan Muhammad, Michael Davis and others.

One worry was that a portion of \$32 million of tax-increment funding reserved for housing and economic development in the Interstate Urban Renewal Area would help the medical provider at the expense of community priorities. The area's tax-increment funding is set aside to help small, struggling, minority-owned businesses and for affordable housing in the north and northeast Portland corridor.

The complaints also stemmed from the abruptness of the Hill Block development announcement, as committee members had no prior knowledge of the proposal Legacy was giving Prosper Portland for the block's future, according to reports.

"They're just repeating history," said local resident and committee member Michael Davis.

In response, Legacy officials have promised that any portion of the lot that is developed for Legacy's use would be paid for by the health provider, not from the city's public funds reserved for economic development and housing.

Because the lot sits just outside the Interstate URA, however, there is a proposal by Prosper Portland to revise the area's URA boundaries to add the property to the Interstate zone, making funds available for the project as a whole.

Vicki Guinn of Legacy Health Public Relations remembers the site in its heyday as an anchor of black life in Portland.

She told the Portland Observer that Legacy would not be accepting any tax-increment funding to develop their portion of the lot.

"Legacy will pay for any portion that expands our current campus," Guinn said.

Overall, Legacy Health Chief Executive Officer Dr. George J. Brown said he hoped the project would help repair the displacement scars left from actions from long ago and "provide a new location for the spiritual center for what was once the center of Portland's African American community."

Prosper Portland continues to take input for ideas and to grow support for what might finally be developed on the site.

A community facilitator was named during the last meeting of the group overseeing urban renewal projects for the Interstate Corridor. He is Bishop Steven Holt, a black pastor at Kingdom Nation Church, and chair of a city panel charged with developing an affordable housing

strategy for north and northeast Portland.

The next phase in the project is to develop a Project Working Group, which will be comprised of community members, who will ultimately decide what will be developed on the Legacy lot. Project working group members will be picked by Prosper Portland, Legacy, and the city based on a "balanced representation of the community," Guinn said.

"This is an opportunity for us to hear the community voice—seek the opinion of who have some kind of attachment to the community. And this is their opportunity to do something with that land that's been empty for so many years. This is their opportunity to get involved," Guinn said.

The next meeting of the Prosper Portland North/Northeast Community Development Initiative Oversight Committee, which is open to the public, is happening Thursday evening, Nov. 16, with the exact time and location still to be determined.



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## Gifted School Protests Closure

CONTINUED FROM PAGE 3

the move as a form of displacement and gentrification. Some Access parents also expressed disinterest in the move, saying the school on North Gaitenbein Avenue was too small for their first through eighth grade students.

Access is currently located in the former Rose City Park school in northeast Portland, which is being prepared to be reopened as a neighborhood school as part of a massive refiguring of schools for

the east side of Portland adding two new middle schools, including the former Harriet Tubman Middle School in north Portland.

A new proposal would dissolve Access' 335 student body into several schools beginning in the 2018-19 school year.

Students chanted "we need Access, don't split the Atoms" (the Atoms are the school's mascot) as they waved signs in green school t-shirts during Monday's protest.

Jennifer Ellis, the school's parent-teacher association president,

said the Access focus option program, which caters to "talented and gifted" students was designed to work best when their students are under one roof.

"Access is an alternative program serving students who have highly accelerated learning needs and who have demonstrated a need for a cohort-driven approach to supporting their social/emotional development," Ellis said.

The PPS board is set to vote on the proposal to split up Access on Oct. 24.

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## Supporting Writers of High Merit

Samiya Bashir and Rene Denfeld, two female Portland writers of high merit, have been honored with academic fellowships and a cash award of \$20,000 by the Regional Arts and Culture Council to sustain or enhance their creative process.

Bashir brings her poetry off the written page in multi-disciplinary projects that involve video art, sculpture, installation and performance. She is a woman writer of color who actively provides creative opportunities for other writers. The council's fellowship panel also recognized her for writing that speaks to her specific experience as a queer, first-generation Somali-American



Samiya Bashir

can poet/maker, yet is accessible to wide audiences.

Denfeld is a novelist who grew up in north Portland and whose social justice work examining issues critical to our times, includ-



Rene Denfeld

ing poverty and child abuse, is at the heart of her writing. She has authored nonfiction books, essays and her second novel, "The Child Finder" was released this September by Harper.

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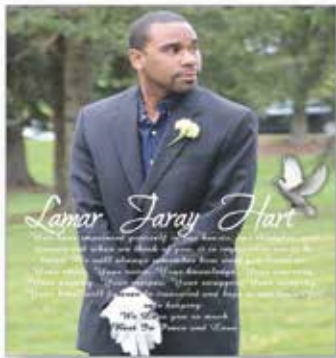
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PORTLAND OBSERVER

# AutoReview

# 2017 GMC Denali



GMC's premium truck Denali and its versatile line-up of styles and trim levels are showcased during a recent promotional event in Bend.

## A Showcase in Versatility

GMC's premium truck Denali and its versatile line-up of styles and trim levels was recently showcased during a special promotion for reporters, editors and publishers in Bend.

The exciting event was filled with daytime and evening adventures and showed the versatility of the 2017-2018 Denali line, models like the Terrain Denali, Arcadia Denali, Canyon Denali and Sierra 1500.

GMC is the only premium truck and utility brand of its kind. The growing portfolio is highlighted

by bold, capable and precisely crafted trucks and SUVs. Overall vehicle quality is the top purchase reason of buyers, according to surveys, which show drivers committed to purposeful technology and engineering excellence.

GMC's popular Denali sub-brand also performs like a luxury brand. Denali sales have represented more than a quarter of GMC retail sales and are continuing to grow, outselling the entire product lines of some premium automakers, including Land Rover, Jaguar and Porsche.



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PHOTO BY MARK WASHINGTON JR./THE PORTLAND OBSERVER

Community leaders plan for the upcoming 'Black Women's Gathering,' a revival of an event focusing on empowering and celebrating black women, healing, and a commitment of justice to strengthen families and the community. Pictured (from left) are organizers Joyce Harris, Stephanie Ghoston-Paul, Carol Tatch, S. Renee Mitchell, Debora Leopold-Hutchins and Adrienne Nelson.

# Empowered Sisterhood

## Date set for gathering and day of togetherness

A highly anticipated Black Women's Gathering focusing on empowering and celebrating women in the community will be a renewal of an empowerment group for local women and is expected to draw hundreds of participants.

The free event is scheduled for Saturday, Oct. 28 from 10 a.m. to 4 p.m. at Portland Community College's Cascade Campus, 705 N. Killingsworth St. An invitation is out for all black females from the community to attend. RSVPs are strongly encouraged by contacting the planning committee at [blackwomensgathering@gmail.com](mailto:blackwomensgathering@gmail.com)

Embracing the theme, "Together We Rise in Strength, Unity & Community,"

the gathering is designed to affirm the power and emotional strength of black women, as reputable studies show black women are particularly vulnerable to the impacts of race-related stress.

For years, Judy Boyer, a longtime labor, community and political activist, was part of early Black Women's Gathering events when they were held at the Matt Dishman Community Center in north Portland. Boyer also participated in planning for the upcoming event.

"I look forward to a day of celebration as our theme of many years ago proclaimed, we come together as a celebration of our being, our spirits and our survival," she said.

The first Black Womens Gathering was organized in the 1980s after the domestic-violence related death of a black woman at the hands of her partner. The event was held annually for 20 years, serving as

a place for black women to share food, create alliances, develop mentors and reflect on community issues.

"There was a lot of pain, a lot of grief, of course," noted former Sen. Avel Gordly, who was part of the original planning committee. "We came together, needing, wanting to create a safe space where black women could be their authentic selves."

Many of the original attendees recalled that a powerful component of the programming was the open mic, where women could "say whatever was on their minds and be heard and be hugged," Gordly said. One year, instead of talking, she said, an attendee only screamed and was then hugged by other black women.

This year's event will also have an open mic opportunity, in addition to certified child-watch, healthy meals and informative workshops.

Organizers also are planning to honor

the achievements of black women leaders and business owners in the Portland area, as well as honor the civil rights legacies of black women who have passed on, such as Judge Mercedes Deiz, the first black woman to practice law and become a judge in Oregon; Bobbi Gary, an impassioned community activist who relentlessly fought against racial discrimination; and Chris Poole-Jones, who was the state's first black in a series of PPS administration positions and was also dedicated to social justice, among others.

"I'm just so happy and pleased that this is coming around again for a new generation to be a part of," Gordly said. "We really need this right now because there is so much pain and grief and fear. I'm looking forward to giving and receiving hugs that come from a place of real knowing, real understanding of who we are and what we need in these times. We get to be ourselves."





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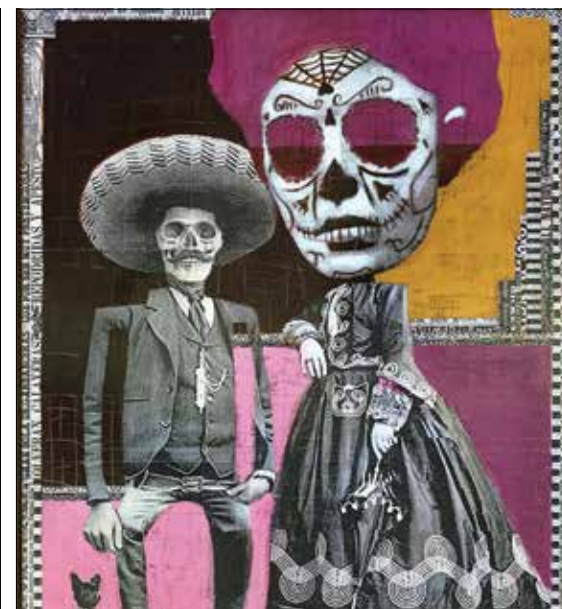
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# Arts & ENTERTAINMENT



A ceramic work by Marlene Robbins.



A painting with mixed media by Karen Wippich.

## Day of the Dead Exhibit

There's still time to attend a Day of the Dead group art show at Guardino Gallery that commemorates our ancestors and departed

loved ones with over 48 artists participating.

Located at 2939 N.E. Alberta St., the exhibit includes many of

Portland's unique art styles from paintings, prints, wood, ceramics and more. The show runs through Sunday, Oct. 22.



The late James Blue, considered an important voice in social activist filmmaking, is the subject of a new film by University of Oregon professor Dan Miller, presented by the Northwest Film Center on Thursday, Oct. 19 at 7 p.m.

## Lens on Activist Cinema Master

The legacy of the late Oscar-nominated documentary filmmaker James Blue, a University of Oregon and Jefferson High School graduate regarded as one of the important voices in social activist filmmaking, gets a close up look with a new film by U of O professor Dan Miller.

An early driving force in media arts education, and a catalyst in the formation of regional film arts organizations, Blue is best known for his Cannes Film Festival prizewinning "The Olive Trees of Justice" (1962), about a Frenchman returning to his native Algiers to witness mass ex-

ploitation.

His other important films remain classics, including "The March" (1964), which chronicled the civil rights march on Washington and the Rev. Dr. Martin Luther King Jr.'s famous "I have a dream" speech, and "A Few Notes on Our Food Problem" (1968), about the growing issue of hunger around the world.

"Citizen Blue: The Life and Art of Cinema Master James Blue" will screen on Thursday, Oct. 19 at 7 p.m. at Whitsell Auditorium, located in the Portland Art Museum, downtown. Admission is \$9 general and \$8 for students and seniors.

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## ENTERTAINMENT GUIDE

**Haunted Walks** -- Haunted excursions blending local myths, oral histories and research on Vancouver's sometimes sordid past are the backdrop for the Clark County Historical Museum's Haunted Walking Tours each Friday and Saturday night during the month of October. Reservations are limited. Call 360-993-5679 or visit [cchmuseum.org](http://cchmuseum.org) to hold your spot.



**Pompeii Exhibit at OMSI** -- Preserved bodies cast by volcanic debris in the eruption of Mt. Vesuvius and nearly 200 other artifacts on loan from the unparalleled collection of the Naples National Archaeological Museum in Italy are part of the new OMSI exhibit, Pompeii: The Exhibition. Exhibit ends Sunday, Oct. 22.

**Norman Sylvester** -- 'Boogie Cat' Norman Sylvester plays Friday, Oct. 20 at the Half Penny in Salem; Saturday, Oct. 21 at Clyde's; Friday, Oct. 27 at C I Bar & grill in Tualatin; and Saturday, Oct. 28 for the Food for the Soul Concert at the Tiffany Center featuring Tom Grant.

**Life of an Iconic President** -- One hundred years after his birth, John Fitzgerald Kennedy remains a subject of endless fascination for millions of Americans. The Oregon Historical Society's current exhibition "High Hopes: The Journey of John F. Kennedy" explores Kennedy's early life, his road to the presidency, and the changes he effected during his time in office. Runs through Nov. 12.

**History Hub** -- Oregon Historical Society exhibit for young people explores the topic of diversity with interactive objects and pictures that tell the stories of the people of Oregon, past and present. With puzzles, touch screen activities and board games, History Hub asks students to consider questions like "Who is an Oregonian?," "How has discrimination and segregation affected people who live in Oregon?," and "How can you make Oregon a great place for everyone?"

**Zoo for All** -- The Oregon Zoo has launched "Zoo for All," a new discount program that provides \$5 admission for low income individuals and families. Visitors may purchase up to six of the \$5 tickets by bringing a photo ID and documentation showing they participate in low income service, like the Oregon Trial Card, Medicaid, Section 8, Temporary Assistance for Needy Families, and Head Start.

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

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REV. AL SHARPTON  
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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

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

12 NOON - 1 P.M.  
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PAPA SMURF

4 P.M. - 12 Midnight  
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# OPINION



## A New Low Even for Donald Trump

### Determined to sabotage health care

*Editor's note: The following response was submitted by the National Association for the Advancement of Colored People (NAACP),*



*America's original civil rights organization, opposing the two executive orders signed by President Trump last week to dismantle the Affordable Care Act, by promoting "junk" insurance plans and ending cost-sharing subsidies:*

**BY DERRICK JOHNSON**

President Trump's executive orders to kill the Affordable Care Act – and make no mistake, this action is intended to do exact-

ly that – are a new low, even for a White House that has defended white supremacists, condoned sexual harassment, and lied to the public.

As President of the United States, Donald Trump has a duty to uphold the rule of law – but in this case, it is disturbingly apparent that he is actually determined to sabotage it.

Let's be clear: the Affordable Care Act was not only passed by Congress, but also upheld by the Supreme Court. It has the approval of more than half of Americans -- more than the President himself can boast. It has provided 20 million people – and counting – with access to more affordable, more comprehensive, quality health care services, including women and children, individuals with pre-existing conditions, and communities of color.

"I have said it before and I will say it again: President Trump does not care about protecting the health of Americans. To end the Affordable Care Act in this way is a desperate maneuver to engineer a political win for his right-wing base, after nearly a year of covert,

detrimental action.

Over the past 2 days, I have heard many ask, in the face of the President's willingness to disrupt our health care system without Congressional approval, what can we do now? And the answer is this: We continue to fight for our health care, for what we were promised, for what is our right as Americans.

I am urging all of our members to call their senators and representatives in Washington and urge them to defend the Affordable Care Act. And most importantly, if they have not enrolled in a health care plan, we ask them to mark their calendars for the next Open Enrollment period, which starts on Nov. 1st.

By enrolling for a quality, affordable health care plan, we can not only lift up the Affordable Care Act, but also make our voices heard.

One thing is certain – the NAACP will fight. For millions of Americans, this is the fight of our lives.

*Derrick Johnson is interim president and chief executive officer of the NAACP.*

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# OPINION

## Learning to Love Who We Love

I've always assumed I was straight — but am I?

BY JILL RICHARDSON

Two weeks ago, the equivalent of a bomb exploded in my life.

I've had personal problems of various sorts for 30 years, and daily migraines for 22 of them. Three years ago, I finally realized my symptoms were those of trauma. I didn't know what happened to me, but clearly something had.

I began therapy for trauma, and it's been gradually helping. Then, out of the blue, two weeks ago I realized what the original trauma was. When I was six, I had just learned about female anatomy,



and I was saying my new favorite word over and over.

A lot of kids go through a similar phase, and the parent's job is to teach the child what's appropriate — and what's not. Whatever was said to me instead was so shaming I experienced it as a trauma.

Once I realized this, I began to put the puzzle pieces together about my own life. I basically shut down my entire sexuality when the trauma occurred. Now it's starting to come back. I've always assumed I was straight — but am I?

Honestly, I don't know. My hunch, however, is that I am not. I think I am probably bisexual. I just didn't realize it till now.

Once upon a time, we had no concept of being "straight," "gay," or "bisexual." There weren't sexual identities, just behaviors and preferences. Back in those days, conservative Americans distinguished only between two kinds of sex:

sex between married heterosexuals for the purpose of procreation, and sinning.

But in the late 1800s, that changed. We began to see "homosexuality" as an identity. It's not just something you do, it's who you are.

Which means that once I'm fully healed from my trauma, once I'm able to access my full range of emotions and desires, I might have a different identity from the one I've inhabited for decades.

I'm almost 37 years old. I don't want a new identity. I'm just me. If I happen to like women, I will still be me.

To say this has thrown me for a loop is an understatement. I'm shocked. I didn't expect this was a possible outcome of healing my trauma.

Our culture expects anyone who isn't straight or otherwise gender-conforming to "come out." But the idea of coming out presupposes a culture where that might get a hostile reception.

I'm fortunate that for me, it's not a big deal. I have exactly two friends I might lose if it turns out I like women. For everyone else in my life, whom I date or marry makes no difference to them. (Unless, of course, they want to date me.)

The notion of "homosexuality" was first created by psychology to diagnose the "mental illness" of being gay. Thankfully, we've moved away from that harmful and wrong idea.

Why can't people just be people and love who they love?

Can we move into a post-homophobia world in which dating someone of the same sex as yourself is no longer strange or taboo, and because nobody needs to fear rejection by friends and family for being themselves?

*OtherWords columnist Jill Richardson is the author of Recipe for America: Why Our Food System Is Broken and What We Can Do to Fix It.*

## Citing Religion to Exclude Health Care

Ultimately this could affect everybody

BY MARTHA BURK

When Obamacare — aka, the Affordable Care Act — became law in 2010, it mandated coverage of birth control without



ministration went to great lengths to exempt churches and church-related institutions from the rule, while still guaranteeing their female employees the right to birth control if they wanted it.

Then the Supreme Court stepped in, siding with Hobby Lobby and ruling that "closely held" corporations with religious objections

coverage.

Wait a minute.

Corporations not only have religious freedom but now moral principles, too? I didn't even know they went to church, and I'm pretty sure I've never seen one get down on its knees and pray.

On the other hand, I know women — who are actual people — have religious freedom under the Constitution, too. What about their right not to be forced to bow

tions have constitutional rights, and they've consistently ruled in favor of their corporate buddies over women in employment discrimination cases.

On top of that, six of the nine justices are male, and most of them of rather conservative religious persuasions. The odds look to be stacked against women.

Expanding so-called corporate citizen rights deeper into health care could ultimately affect everybody, not just women.

Christian Scientists are opposed to all kinds of medical treatment, including for diabetes, cancer, and meningitis. Jehovah's Witnesses don't believe in blood transfusions. There are undoubtedly other religious taboos on medical procedures.

Enterprising businesses that want to save money could cite "religious freedom" to exclude virtually any medical treatment from their insurance plans. Surgery, antibiotics, immunizations — you name it.

Where will it end? We don't know. Even if the lawsuits are ultimately successful, a decision could take years.

All I know is that I don't want my neighborhood corporate citizen making my health care decisions.

*Martha Burk is the director of the Corporate Accountability Project for the National Council of Women's Organizations and the author of the book Your Voice, Your Vote. Distributed by OtherWords.org.*

*Massachusetts, California, and the ACLU have filed lawsuits to stop the rollback. Good luck. Besides Hobby Lobby, the conservative majority in the Supreme Court ruled years ago in the Citizens United case that corporations have constitutional rights, and they've consistently ruled in favor of their corporate buddies over women in employment discrimination cases.*

co-payments.

Some employers didn't like the rule, and Hobby Lobby hated it so much that the company filed a lawsuit to stop it. Company owners said they didn't believe in contraception and claimed that covering it for female employees violated their religious freedom.

Understand, the Obama ad-

could join religious employers in excluding birth control from their insurance plans.

Now the Trump administration has gone a giant step further. They're now allowing any and all businesses, including publicly traded ones, to also cite "religious or moral objections" in denying their employees contraception

to their employers' religious beliefs or highly suspect "moral" principles?

Massachusetts, California, and the ACLU have filed lawsuits to stop the rollback. Good luck. Besides Hobby Lobby, the conservative majority in the Supreme Court ruled years ago in the Citizens United case that corpora-



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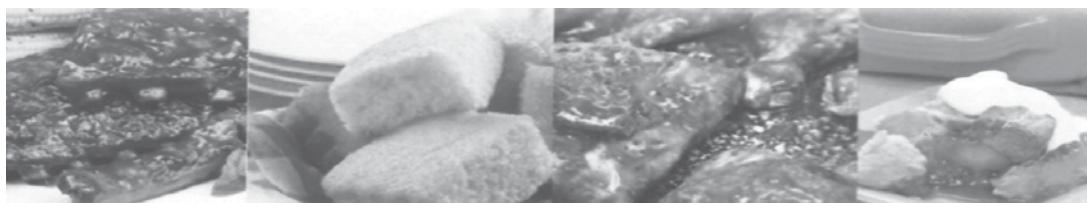
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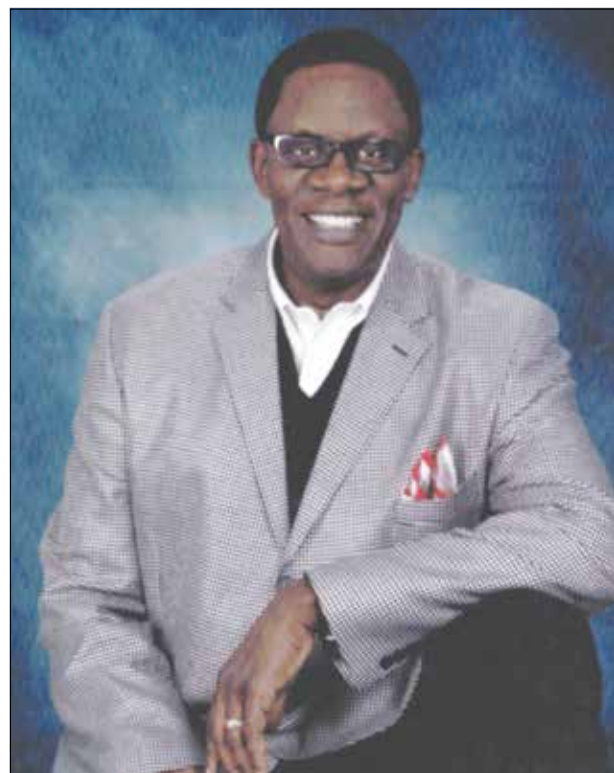
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## October 2017 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8</b> <i>Edward Ormondroyd born, 1925</i> <i>The Great Chicago Fire started (1871)</i>	<b>9</b> Leif Ericson Day Columbus Day Thanksgiving Day in Canada Moldy Cheese Day	<b>10</b> <i>James Marshall born, 1942</i> <i>Henry Cavendish born in England in 1731</i>	<b>11</b> <i>Eleanor Roosevelt born, 1884</i> <i>First Steam-Powered Ferryboat 'Juliana' began operations in 1811</i>	 <b>12</b> National Poetry Day (England) Farmer's Day Dia de la Raza (Mexico)	<b>13</b> <i>Margaret Thatcher born in 1925.</i> <i>Molly Pitcher (Revolutionary War Heroine) born, 1754</i>	<b>14</b> <i>Lois Lenski born, 1893</i> <i>Dwight David Eisenhower (34th President) born, 1890</i>
<b>15</b> National Grouch Day	<b>16</b> Dictionary Day <i>Noah Webster born, 1758</i> <b>World Food Day</b>	<b>17</b> Black Poetry Day <i>San Francisco Earthquake (1989)</i>	<b>18</b> <i>Mason-Dixon Line Established (1767)</i> <i>Puerto Rico Became U.S. Colony In 1898</i>	 <b>19</b> <i>Thomas Edison Electric Light, 1879</i> <i>Final battle of the Revolutionary War (1781)</i>	<b>20</b> <i>Sir James Chadwick (Discoverer of the Neutron) born, 1891</i>	<b>21</b> Sweetest Day <i>Guggenheim Museum Opens (1959)</i>
<b>22</b> Mother-in-Law's Day National Nut Day	<b>23</b> <i>iPod First Revealed (2001)</i> Red Ribbon Week (Oct 23-31)	<b>24</b> <i>Bruno Munari born, 1907</i> National Bologna Day United Nations Day	<b>25</b> <i>Pablo Picasso Born in Spain in 1881</i>	<b>26</b> <i>Hillary Rodham Clinton born, 1947</i> <i>International Red Cross Organized In Geneva, Switzerland in 1863</i>	 <b>27</b> <b>Theodore Roosevelt born in 1858</b>	<b>28</b> <i>Bill Gates born, 1955</i> Plush Animal Lover's Day <i>Statue of Liberty dedicated in 1886</i>
<b>29</b> <i>Stock Market Crash - 1929 (1929)</i>	<b>30</b> <i>John Adams born in 1735.</i> <i>Emily Post (author) born, 1873</i>	<b>31</b> <b>Halloween</b> <i>Juliette Gordon Low Born in 1860, she started United States Girl Scouting in 1912</i>	<div> <div>October is Breast Cancer Awareness Month</div>  </div>			



Dr. Billy R. Flowers

### THE SPINAL COLUMN™

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

#### Part 25. Chiropractic and Fitness: The way to wellness in the eighties

**Q:** I continue to hear that diet and exercising are helpful in maintaining a strong body. But where do I begin? There is so much literature and when I ask my doctor he seems unconcerned. How can I get started?

**A:** A good way to begin is with the basics. Since 1895 Chiropractic has been the leader in teaching the basics of health to our society. Good health must include proper nutrition. A general rule of thumb is that foods high in fiber are best for you.

Limit your meats and refined foods as well as alcohol. Get plenty of exercise. For most people it only takes an hour or so a week to stay fit. Walking at a brisk pace with good arm swing is excellent. Rest is paramount. Everyone feels better after a good night's sleep. In Chiropractic, we will often recommend relaxation exercises as well. Have a joyful spirit. Scientists know now that our attitudes actually

affect our entire chemistry. Finally, always keep a healthy nervous system. Chiropractic is especially suited for understanding the effect of stress on the nervous system and how to eliminate it. Total fitness can be only a call away and worth so much more than just another pain prescription. Isn't it time you stepped up to safe effective Chiropractic?

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