

EDITORIAL/OPINION

Eliot and King residents should support crime prevention programs

Last Thursday, the Eliot and King Neighborhood Association, Crime Prevention Committee sponsored a rally and preparation for picket lines to combat the problem of prostitution and drug dealing in their neighborhoods. The Neighborhood Association plan calls for picket lines to be out on Union and Alberta for six hours on Thursday, October 10th. There will also be a Community March on this date. Marchers will assemble at King Neighborhood Facility and proceed to Union and along Alberta Street.

During the rally the following question was asked of Captain J. T. Davis of the Portland Police Bureau Vice Unit, "Why hasn't the bureau stopped the prostitution and drug dealing along Union and Alberta?" Captain Davis responded to the question by saying police cannot solve these problems by themselves. Davis told the small crowd of about 25 that the community must band together in an effort to rid their neighborhood of prostitutes and dope dealers. The police can only make arrests, it's the responsibility of the courts to prosecute those who are charged with a crime, said Davis.

Captain Davis is correct. The problem of prostitution and drug dealing can only be extricated from the Eliot and King neighborhoods through citizens' involvement and participation in their neighborhood sponsored crime programs.

The low attendance at the Eliot and King

Neighborhood rally gives one the impression that many residents who live in the area affected by the drug dealers and prostitutes are not very concerned about the problem. This is why the majority of prostitutes return constantly to Union Avenue after they are forced out of other neighborhoods as a result of community involvement against their presence.

Prostitutes believe they can use Northeast Portland as a place to display their bodies for "johns" who, in most cases, live outside of the Northeast area. This exhibition of sex for sale can be seen 24 hours a day, seven days a week. The prostitutes and "johns" assume the community is tolerant of their criminal behavior in these neighborhoods.

The same can be said about the dope dealers who sell their drugs openly along Alberta Street. Anyone driving or walking in the vicinity of Alberta and Union Avenue is bothered by the present group of drug pushers soliciting customers to buy their illicit products.

When the community allows its streets to become a place where drugs can be sold, a strong message is being sent to the rest of the city. Also, this permissiveness encourages young people to enter a life of crime. The chance of youths entering a life of drug dealing is more likely in the Eliot and King neighborhoods since the unemployment rate is very high.



Ban the Klan

Along the Color Line by Dr. Manning Marable

No group in American history has a more vicious, undemocratic and racist tradition than the Ku Klux Klan. The cowards and demagogues who have hidden their faces beneath white robes, take pride in bombing churches, defacing synagogues, maiming and murdering children. Racism and anti-Semitism are the driving ideological force behind those who join their ranks.

But it seems curious that this legacy of blood and terror finds defenders among many who disavow the Klan's politics. This year, a disturbing trend to protect and defend Klansmen's "rights" has taken shape all over the nation, according to the Klanwatch project of the Southern Poverty Law Center.

This April, for example, a newspaper editor at Harbor College in California who had been fired for his Klan associations was reinstated to his position by a federal judge. The judge claimed that the youthful Klansman's "rights" had been violated when college officials demanded his dismissal. In May, the Federal Communications Commission ruled by a 5 to 0 vote that the broadcasting of racist and anti-Semitic propaganda over the radio "is no grounds for revoking the license of a radio station." White supremacists and Nazis who utter threats and racist diatribes are "protected" by the First Amendment.

On June 5, a judge in Louisville, Kentucky, dismissed charges against a

Klan leader and three of his followers who refused to leave a public meeting sponsored by the Kentucky Alliance Against Racist and Political Repression, a civil rights group. The four men had been arrested after they refused a request to leave and a refund of their \$5 admission fee. But the judge defended the Klansmen's right to attend the meeting, claiming that "they could not be expelled unless there was evidence they had created a disturbance."

Last month, the Ku Klux Klan's New Jersey chapter demanded a permit to hold a racist rally in the city of Newark. With a population more than 60 percent Black, Newark could have become another Greensboro — a violent confrontation between racists and Blacks who refused to be intimidated by terrorism. Wisely, Newark mayor Kenneth Gibson refused to grant a permit to the Klan.

But instead of praise, Gibson became the target of intense media criticism. The *New York Times* editorialized that Gibson did "his city and the law a disservice by denying the permit." The *Times* admitted that the KKK was "loathsome," and its "history of violence and terror was 'indisputable.'" Nevertheless, the mayor had no right to curtail the Klan's public protest. Unless the Klan rally "poses an immediate threat of uncontrollable violence, the rights to assemble and speak freely are, and should be inviolate." In short, the white su-

premacists must "enjoy equal protection of the law."

It is interesting to observe the hypocrisy of these inconsistent civil libertarians in the media. Three decades ago, when W. E. B. DuBois and Paul Robeson campaigned for world peace, their passports were illegally seized, their families were harrassed, and the press was either silent or actively called for the suppression of their rights. When civil rights activists are victimized by local, state, and federal authorities, the national media is often the last to document such cases. But when Klansmen crawl out of the gutters to call for "white supremacy," the cry of free speech and First Amendment rights becomes a chorus.

No one has the legal right to yell "fire" in a crowded theatre. No one has the right to intimidate others through racist and vigilante violence. The Ku Klux Klan and other anti-Semitic and racist organizations are explicitly dedicated to systematic acts of terrorism. When the laws and courts are used to "protect" their "rights," few Black, Hispanic or Jewish Americans can feel secure. Democracy should not be distorted to promote the violence and hatred which the Klan represents. The Klan must be banned.

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EDITORIAL/COMMENTARY



LISSEN - I'M GOING OVER THERE AND BEAT UP ON THAT SOUTH AFRICAN THUG. IF YOU'RE NOT GONE WHEN I GET BACK, I'M GONNA BEAT UP ON TAX REFORM. IF YOU'RE NOT GONE THEN, I'LL START ON GORBACHEV.

Letters to the Editor

To the Editor,

We are citizens concerned about the Northeast Union Avenue corridor. The closing of the Union Square's Sunshine Pizza restaurant, and the lack of other consumer businesses in the area is distressing, particularly since the problem results from uncontrolled prostitution and its negative impact on our local environment. It's frightening when a very small element of the population can exert that much control over a total community.

While pondering this problem, its effects, and what should and could be done to fight it, I came up with the following idea:

Install ads on area billboards and posters on power poles with the following message:

AIDS + PROSTITUTION = DEATH

Since there is sufficient proof to connect prostitutes to AIDS, potential customers might be frightened away by the signs. Furthermore, the customers themselves become carriers thereby inflicting their wives, friends or other prostitutes.

This is WAR!!! And all is fair. The community belongs to those who want to see it grow and prosper, not to prostitutes, pimps, dope dealers, and their customers. They don't care.

JIM & DEE ARNOLD

To the Editor,

Renaming Rajneesh it's original name of Antelope does not cure the problems. As long as the Rajneeshes control the city, we will still have constant police "protection" (six officers for 115 residents — the highest ratio in the state) and outrageous city taxes (at approximately \$20 per \$1,000, also the highest in the state). Only incorporation of the city will stop the abuses. We've asked the Rajneesh City Council to voluntarily disincorporate, but they've refused.

We thank Oregonians for their generous financial and emotional support with the petition to repeal Rajneesh's city charter. But there is still a long way to go! We continue to need money for printing and postage. We need help circulating petitions. We need everyone's signature on a petition. If we have 100,000 signatures by July 3, 1986, the petition will be on the November, 1986 ballot.

Only after Rajneesh's city charter repeal will Antelope really be Antelope again.

JIM & JEAN OPRAY

letter to editor. . . To the Editor,

Thank you very much for carrying our message; we appreciate the positive coverage. It is often difficult for the press to distinguish between close similarities in organizational titles, as is the case this time.

The article highlighted the National Black United Front when it should be the *National Black United Fund, Inc.* I noticed this error in the September 4, 1985 issue of the *Portland Observer*. We would again appreciate the positive coverage when a correction is issued.

Again, thank you very much.

DANA A. ALSTON



Healthwatch

by Steven Bailey N.D.

Fasting — safe and healthful

Last week I wrote on digestion and indicated that much energy is required in the process of digesting a normal meal. Part of the basic benefit of a juice fast or other simple diet is the freeing of this energy for other body functions. Of particular interest to many people is the accelerated breakdown of fat and the liberation and metabolism of chemicals that are not completely eliminated in the daily life. Some of these substances include resins from tobacco in smokers, petrochemicals (i.e., pesticides) which bind to fat cells and other chemicals which your body stores rather than eliminates through the urine or skin. One of the essential needs in a fast is to make certain that the fat breakdown is slow enough to not create a toxic state (which means adequate calories), and also to optimize elimination of the waste products.

In addition to accelerating elimination of wastes, a juice diet will provide individuals who have food sensitivities to eliminate these foods and subjectively challenge their systems with these foods on reintroduction. Many of our patients who have chronic sinus congestion, nasal drip, swollen lymph glands and other symptoms associated with their allergies will become symptom free by the third or fourth day of juices and sometimes will experience a dramatic return of symptoms when they first eat the offending food(s).

Weight loss is a common occur-

rence in a juice program, yet proper eating habits and exercise are much more healthy way to adjust weight. Possibly the best rest of periodic fasting programs is the commonly observed occurrence that most of our patients are able to break the fast with new "habits" as the return to doughnuts and coffee is a consciously visible departure from the whole foods diet which we use as a re-introduction of solid foods. So now some general guidelines.

Pre-fast: Spend three or more days just eating fruits and vegetables, mostly raw. Intestinal cleansing programs may prove useful. Drink plenty of fluids and assure good bowel activity. You don't want to go from a high fat or low fiber diet to juices. Six glasses of juice, water or herb tea is a ballpark figure which varies by such factors as temperature, sweating, exercise and how much fruit or other high fluid foods you consume.

Juice Fast: When you go from solid food to a liquid diet, your intestinal activity slows down. You may become constipated, and often over a couple of days will start to reabsorb bowel by-products. For this reason daily enemas are helpful to minimize this toxic feeling. Getting close to your normal caloric intake is important to maintain blood sugar and to minimize the fat conversion (beta Oxidation) and subsequent release of chemicals. Two quarts of fresh vegetable and once quart of fruit juice (all diluted with

one-third water) is the base amount we use at our clinic. You can have more if your appetite indicates. In addition, so that your blood is not too concentrated with chemicals from the fat release, you must drink additional water. Six quarts per day is an average amount.

Reintroduction: Breaking a fast is an important process. Just as we would not go from a sedentary life to a 26-mile marathon, we likewise should not go from a simple sugar vegetable juice such as carrot to heavy foods such as cheese, nuts and meat. The first day should be fruit and vegetable and some authors allow a piece of melba or whole wheat toast. Introduction of grains and beans next and dairy, nuts and meat around the fourth or fifth day.

Fasting should be done in warm climates as the caloric need for heat production as winter sets in is a strain on the fasting condition. Authors such as Paavo Airola, Thomas Brugg and Dr. Christopher, offer ideas and guidelines that may prove valuable, and most Naturopathic Physicians have considerable training in therapeutic fasting. Our clinic offers organized group fasts that will begin again early next spring. If you have had a less than desirable experience on a previous fast maybe some of the above items may help improve your next one. Fasting, if done properly, can be a safe and rewarding experience.

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