

# EDITORIAL/OPINION

## Dr. King's unfinished business

This nation has just completed the first national observance honoring the late Dr. Martin Luther King, Jr. Dr. King is the first Black American to be honored with a national holiday. Such an honor is befitting an individual of Dr. King's caliber; he represented everything good for which we as humans should try to attain. Dr. King devoted his entire adult life to the cause of justice and equality for all. He encouraged Blacks and others to fight for their natural rights through non-violent means.

Although Blacks have made progress since Dr. King's death, and overt acts of racism have all but disappeared, Dr. King's dream is far from finished. Today millions of Blacks live in a sea of poverty in the wealthiest nation in the history of the world. The poverty rate for Black and Hispanic youths under 18 is 46.5 and 39 percent, respectively. Almost half of all Black children live below the poverty level.

Drug addiction, Black on Black crime, teen pregnancies, and poor health among Blacks have reached crisis proportions. To make matters worse, the Reagan administration, led by Attorney General Edwin Meese, William Bradford Reynolds, head of the Civil Rights Division of the Justice Department, and U.S. Civil Rights Commission Chairman Clarence

Pendleton have been weakening this country's civil rights laws.

Reagan's civil rights record is the worst of any president since Rutherford B. Hayes. His Justice Department is claiming that present Affirmative Action programs discriminate against white males. In fact, many believe that administration is waiting for Dr. King's celebration to pass, so the President can modify or eliminate an executive order which prevents discrimination against minorities in awarding federal contracts.

Blacks must exercise their rights to stop this trend. The administration's assault on civil rights is eroding the social and economic conditions of Blacks, and in the process, creating racial tension throughout the nation.

Blacks still lack basic economic rights, the most important of these are essential equality in access to employment at all levels. Dr. King realized this; it was while participating in a campaign of Black sanitation workers for decent wages that Dr. King was assassinated in Memphis.

Economic equality is a necessary condition for furthering and safeguarding the gains of the civil rights movement, for making real the formal political and social equality now inscribed in law. Until these problems are solved, Dr. King's dream will remain unfinished.

## EDITORIAL/COMMENTARY

### Justice is served in Seattle

Recently a federal grand jury in Seattle returned a guilty verdict against 10 neo-Nazi defendants. The jury ruled that each defendant was guilty of conspiracy and racketeering charges. All were members of a hate group known as the Order.

According to federal prosecutors, this racist group committed a variety of crimes including counterfeiting, murder and armed robbery. Members of the group were also trying to overthrow the U.S. government and establish a white homeland in its place.

The guilty verdict by the Seattle jury should serve as a warning to other hate groups that violence and racist behavior will not be tolerated in a civilized society. Equally important, the guilty verdicts by the jury will help restore faith in the justice system; in the past federal prosecutors were reluctant to bring charges against hate groups such as the Order and the Ku Klux Klan.

During Blacks' struggle for civil rights in this country, Black churches and homes were bombed by the Klan. Many of

these bombings went unsolved. The most heinous of these bombings occurred Sept. 15, 1963, in Birmingham, AL. A dynamite bomb exploded during services at the 16th Street Baptist Church, killing four Black girls in a dressing room in the basement. This tragic incident went unsolved until Nov. 18, 1977, when a Ku Klux Klan member, Robert E. Chambliss was convicted of first-degree murder. It was revealed during Chambliss' trial that former FBI director J. Edgar Hoover stalled the 16th Street investigation by failing to give information to state prosecutors concerning the bombing.

Federal prosecutors handling the Order case upheld the Constitution by presenting evidence beyond a reasonable doubt, that members of this group were involved in violent acts directed against Blacks, Jews, other minorities and U.S. government officials. The jury heard the evidence and returned a proper verdict of guilty, and in the process, justice was served.



## Healthwatch

by Steven Bailey N.D.

### Endometriosis—an alternative approach

by Cheryl Smalley, N.D.

Several years ago I had a friend who for many years had spent more than a week of every month with crippling pelvic cramps. She was diagnosed as having endometriosis, a disease in which uterine tissue spreads out of the uterus into other parts of the abdomen, or even further, and leads to sites of internal menstrual bleeding. The symptoms vary from woman to woman, and can include severe and prolonged cramping, excessive or irregular bleeding, abdominal pressure, infertility, and pain during intercourse. It is most often found in childless women in their 30s, but is seen in other groups as well. Although there are several theories of possible causes of endometriosis, it is still one of the mysteries of modern medicine.

My friend is a doctor herself, and had access to the whole range of treatments used in this disease. She had tried everything available, short of surgery, with no relief of her symptoms. As a last resort, making a real leap of faith, given her training, she went to see an acupuncturist. After several treatments by this Chinese doctor, her symptoms disappeared, and after several years, they have never returned.

The point of telling this story is not to suggest that acupuncture is a magic cure for this mysterious and aggravating disease. I want only to suggest that women have some options to consider before using powerful drugs and undergoing major surgery. Medical doctors now use three primary kinds of treatment for endometriosis. Pregnancy has at least

a short term, and sometimes a lasting effect in helping the problem, and is a good treatment for women desiring children. Hormone pills and hormone suppressing drugs are used to reduce the abnormal activity of the uterine tissue. Some women are helped by these, but a complete and permanent cure is rare, and negative side effects are felt by some women. Female hormone pills can cause mood changes and weight gain in some, and are risky for smokers over 35 years of age, and hormone suppressing drugs can have disturbing masculinizing effects, and can cause acne, weight gain, liver damage, and other problems. Surgery is used to remove the abnormal tissue, or to completely remove the uterus and ovaries (hysterectomy), which usually removes the symptoms, but in some cases even this radical therapy does not work. Some 5% of women with total hysterectomies have a return of symptoms following surgery.

Given the unpredictable results of these treatments and their possible risks, let's consider some of the alternatives. Nutrition, herbal medicine, homeopathy, acupuncture, stress reduction and physiotherapy have all been used successfully by Portland practitioners on their patients. As with conventional drug and surgical therapy, patients respond differently to treatments, and cases must be assessed and treated individually. In most cases basic diet changes are made to lay the foundation for further treatment. A diet is prescribed that is low in fats, refined foods, sugar, caffeine, and red meats; and high in foods and supplements that seem to help

balance estrogen levels: vegetables, grains and beans, onions and garlic; and sometimes supplements such as vitamins C and E and B complex, beta-carotene, magnesium, calcium, zinc, selenium, and certain essential fatty acids. Physiotherapy procedures include sitz baths, castor oil packs, internal herb packs, as well as ultrasound and electrotherapy. Certain herbal medicines are linked to the function of female reproductive organs, and combinations of these can be used to soothe the monthly symptoms and to regulate the hormones. Homeopathy is a therapy which treats disease by using minute doses of natural substances to stimulate the body to heal, much in the same way that vaccines can strengthen the immune system to fight specific diseases. Homeopathic remedies are prescribed individually depending on symptoms. Acupuncture can help to balance the function of the glands, and Chinese herbs are used to nourish the body and balance the hormones. Exercise and stress reduction maximizes the effects of all these treatments and has a positive effect on general health and outlook.

These natural therapies can take some time to make changes. Just as it takes time for disease to develop, cure is not an overnight process. But the advantage is that the treatments are generally free of negative side effects and risks, and frequently have the positive effects that come with a healthier lifestyle.

Cheryl Smalley is a naturopath in private practice in Portland.

## PETERS

Dayton Daily News



### Letters to the Editor

The Observer welcomes letters to the editor. Letters should be typed or neatly printed and signed with the author's name and address (addresses are not usually published).

We reserve the right to edit for length. Mail to: Portland Observer, P.O. Box 3137, Portland, OR 97208.

### Food Bank update

To the Editor:

We at Christ Memorial COGIC, 4237 N. Mississippi, wish to thank each and every one of you who has helped to make our food bank a big success.

In just these few months since beginning food distribution, we, that is to say, all of you have helped put much needed food in over 900 homes in our city. To some, it wasn't much, but to many it was just what was needed.

The need for food is never ending to many:

- The elderly;
- Those with limited income
- Those out of work;

Those living on the street; Those in emergency situations.

At present, those who have come here see we are working in our small church, sorting and bagging the food and having only limited space to store things (one refrigerator and freezer), and a short time to do it in due to our regular church services.

We are in the process of starting our building fund project. We hope to raise enough funds this year to build a new church and to continue in the Lord's work. This will house a larger food bank with the much needed storage space

and adequate refrigeration system. This will be a community center where everyone can come to worship, fellowship, and to learn about the Lord.

This saving station will attempt to meet the total needs of the community.

Anyone wishing to donate food, be a worker, donate funds, or just inquire about our church, please contact:

Leon Limbrick Jr.  
Community Coordinator  
Christ Memorial COGIC  
4237 N. Mississippi  
Portland, OR 97212  
288-1400

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**Portland Observer**

The *Portland Observer* (USPS 950-680) is published every Thursday by Erie Publishing Company, Inc., 1463 N.E. Killingsworth, Portland, Oregon 97211, Post Office Box 3137, Portland, Oregon 97208. Second class postage paid at Portland, Oregon.

The *Portland Observer* was established in 1970.

Subscriptions: \$15.00 per year in the Tri-County area. Postmaster: Send address changes to the *Portland Observer*, P.O. Box 3137, Portland, Oregon 97208.

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