

EDITORIAL/OPINION

City Officials Should Use Court Decision

Recently the U.S. Supreme Court ruled 7-2 that cities could restrict the placement of adult movie theaters as long as cities had some reason for limiting sex films, such as fear of crime or falling property values.

The court's decision was a good one, for it enables city officials throughout the nation to remove sex establishments out of residential communities. We feel such facilities contribute to the increase in crime, decrease property value, and are harmful to the moral development of children.

Mayor Bud Clark and the Portland City Council should take advantage of the high court ruling and pass ordinance to remove sex theaters, such as the Walnut Park Theatre, from the community.

Residents living in Northeast have complained for years about the theater, only to be told that nothing could be done about it by city officials. The sex theater, which is located near homes, a church, and a grade school, is a drawing attraction

for drug dealers, pimps, prostitutes and their customers.

Patrons of the theater (who often live outside of the community) contribute to the crime problem in the area. After viewing sexual explicit movies, many venture along Union Avenue to solicit the service of prostitutes. Having their sexual needs performed in Northeast neighborhoods, in parked cars, in church parking lots, and on many occasions in plain view of families.

The Supreme Court ruling could also be used to eradicate nude taverns out of residential neighborhoods. Nude taverns have been increasing in communities at an alarming rate in recent years.

Restricting adult theaters and nude bars away from residential and high crime areas, will be the first step in the right direction in revitalizing depressed sections of Northeast Portland. Equally important, by restricting the zoning of these sex establishments in the community, will ensure that children will not be harmed by them.

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.

To the Editor:

In 1984 I attended a seminar at Marylhurst College. The guest speaker was Norma Paulus. During the question and answer period, I asked this question of Ms. Paulus: "With so much waste taking place in government, such as \$600 toilet seats, \$100 screwdrivers, and a \$20 million wing on a capital building, when will a politician present to the voter a plan to cut this waste, leading to cutting taxes, rather than always asking for more?" Ms. Paulus' response was, "I agree, there is waste in government, but not in my office nor the office of the Governor. We have not had an increase in budget or staff. But the kind of waste that bothers me is paying a man like Matt Prophet \$72,000 a year to run a school district."

Now I find that interesting. A person running for office on their 25-year political track record, and the only example they can relate is the one black person receiving a reasonable return on my tax money in the form of salary.

George Rankins
3833 N.W. Keel
Lincoln City, OR 97367

To the Editor:

I will not attempt to judge Dick Gray, but I have vivid memories under the following circumstances:

1. Dick used to referee football. The first game we worked together, Dick's introduction to the black captains of the Adams High School team went something like this: "I have heard about the crap you guys pull in games, try it in my game and I'll kick you out." I asked Dick if this was the same introduction he made to non-black schools? He chose to ignore the question.
2. This is the same Dick Gray that attempted to take the state basketball championship away from Jefferson High School because some of the Jefferson players did not have some earned credits recorded.
3. I will never know if my son might have been a basketball player. He couldn't stand being in Dick's presence the two years he attended Benson.
4. Somewhere in *The Oregonian* history, you will find Dick quoted: "Richard Washington wasn't the best basketball player I have coached." Did that even need to be said long after Richard had left the team?

George Rankins
3833 N.W. Keel
Lincoln City, OR 97367

Institutionalized Racism

So-called Christian caucasoid fear, hatred and self-guilt will be with us as long as ignorance reigns. Many of us in the Black Community of N.E. Portland are really concerned about Two articles in the *Portland Observer*, dated 4/30/86. "Racism, the cause of conflict between the Police and Black Community," and "Relations between the Black Community and Police Still Tense A Year After Stevenson's Death." In Portland, events like the senseless murder of Stevenson, a Black veteran by Police officers are regarded as unimportant precipitating events. We see a historical pattern of excessive use of force by Police against minority communities around this nation. In Portland, we see rage and frustration in the Black Community, a feeling of despair and hopelessness arises from the intolerable high levels of unemploy-

ment. There is a sense of outrage toward double standard of criminal justice. There is bitterness over the lack of significant political power. The past pattern of Police violence is not easily forgotten. There seem to be an insensitivity on the part of the entire criminal justice system toward Black residents of Northeast Portland. In fact, Police violence is the worst type of crime because it leads to the general breakdown of law, often carries official sanction, and is the trigger of massive racial violence that devastate whole communities. Untold millions of dollars are being paid out of taxpayers' pockets to settle Police brutality claims around this nation.

If you were an insurance agent, and your client cost you many times in settlements than he paid in premiums, and this sort of situation goes on year after year, would you believe that there was no pattern of culpability? Around this violent nation, billions of dollars of trade is reportedly conducted annually in illegal transactions involving gambling, drugs, and prostitution. Relatively few arrests are made. Evidence shows that a pattern of police violence makes a city prone to a riot. And clearly, undeniably, and unequivocally, evidence shows that police brutality precipitates riots. We must work together to help Portland develop strategies to eliminate police violence. We can eliminate unjustified police shootings and the unnecessary use of deadly force. The result will be greater respect for the law and a criminal justice system in the city of Portland based on fairness and yes, justice.

The portrayal of our racist police system in those two articles adds up to an indictment. I'm actually more concerned about that caucasoid majority in Portland who are completely uninterested in today's problems. Criticism — even hostility — is better than indifference. No one knows better than our so-called or establishment appointed leaders what's wrong with law enforcement. Our so-called leaders cannot save face by citing Police brutality as the cause of unrest in Portland. Did the Police create segregation, unequal education, inadequate housing, unemployment and the sundry other injustices that relegated Black people to second-class citizenship? Isn't it true that the attitude of the Police in a given community reflects the over-all attitude of that Community? If the Police are crude, disrespectful or brutal to members of minority groups, it is because the Community that employs them has condoned this conduct or even encouraged it. The city should find ways to attract top-quality recruits to law enforcement. Because, like it or not, law enforcement is a vital part of this society.

For some reason, every tragedy such as the murder of Brother Stevenson, Dr. Martin Luther King, Jr., or Malcolm X, is met with an inevitable deluge of piety and prayer. Will men never learn the futility of placing their hopes for a better world in divine intervention in human affairs? Throughout recorded history, men have been praying in hundreds of languages to all manner of Gods for everything imaginable. Yet evil persists in the form of violence, poverty, disease and ignorance. A perusal of any daily newspaper around this nation should be enough to convince one that even if the petitions

of the faithful are heard by some deity, his answers can't be depended upon. Following Dr. King's murder, a clergyman told a group of city officials gathered for prayer that he didn't think all that piety was a fitting monument to the man. He was right: Martin Luther King was undoubtedly a prayerful man himself, but he will be remembered not for that fact but because he was a man whose life embodied his Principles, like the Prophet Jesus, who worked to magnify the good that lies within the heart of each man and to diminish the ill will that may be harbored therein. After the last eloquent expression of praise for Brother Stevenson has been voiced, will we once again return to the type of society that makes the last six words of our Pledge of Allegiance, "With Liberty and Justice for All," a hollow promise instead of a fact?

Dr. Jamil Cherovee

Dear Sirs:

I attended the meeting last week when the Tri-Met board discussed how to solve its budget problems. I don't know how many people living in our area of the community realize that the decision was to avoid placing a small income tax on the people who can afford it, and to instead cut the bus service for many who cannot. Most of the service cuts will eliminate last night and weekend buses, so that people whose jobs keep them out at night, in security or cleaning or restaurant work, will now need to own automobiles, because the buses won't be running at all. I also wonder about the many people of limited income who depend on weekend service to visit their families, or the zoo, or for recreation. Can they all afford to pay the cost of gasoline, oil, and insurance?

Some of the Tri-Met directors said they didn't feel right about increasing taxes. Until a family earns more than \$15,000 each year, the tax is almost nothing, and then it's only a few pennies each day. I wonder if those directors have ever known or have heard from those of us whose whole income depends upon getting to and from our jobs in an affordable way?

I think it's time that more of the North Portland community let Tri-Met know how we feel. They have meetings at least once each week, but nobody representing this area seems to attend. I urge the leadership of this community to get involved in this issue before it's too late. The next discussion of whether or not to back a large service cut or a small income tax will be on Tuesday, May 27th at 10 a.m. in the Portland Building.

I hope with some organization we can turn this decision around. Nobody is looking out for the interests of those who depend upon the buses for their limited prosperity. Isn't this just another example of those who have been concerned only with themselves? Tri-Met is supposed to serve all of us, not just those who happen to hold a seat on its board.

Sincerely yours,
Raymond Williams

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"Needed: A Black-Hispanic Alliance."

Along the Color Line by Dr. Manning Marable

Last month's founding convention of the National Rainbow Coalition, held in Washington, D.C., was a tremendous victory for Black and progressive politics. More than 750 official delegates and hundreds of supporters established the basis for a practical, progressive agenda, and also set the foundations for a second presidential campaign by Jesse Jackson in 1988. Jackson himself termed the coalition "a new political movement, dedicated to healing the nation by implementing a program of human priorities at home and peace and human rights abroad, seeking to achieve social, political and economic justice."

Many political observers suggested that the principle reason for Jackson's "limited" success at the polls in 1984 was his inability to appeal to the white electorate. Statistically, his electoral totals in that year's Democratic presidential primaries were often low: two percent of the white electorate in Florida, 3 percent in Georgia, 4 percent in Pennsylvania; and less than 1 percent in Alabama. But as the campaign progressed, Jackson began to overcome the negative media and racial stereotyping of his candidacy, and the totals for white voters improved — 10 percent in California, for instance.

Actually, given the profound depths of racism in American political culture, and the stampede to the right of the political spectrum by both parties, it is highly unlikely that the Rainbow Coalition will attract any significant numbers of whites, beyond the levels of roughly ten to twenty percent. Some white constituencies will be more likely to join a multiracial coalition than others, such as anti-nuclear arms activists, feminists, small farmers, militant labor union leaders, and left-liberals. At the Rainbow Coalition's convention last month, for example, were Texas Agriculture Secretary Jim Hightower, Jane Grunenbaum of the Nuclear Freeze campaign, environmentalist Barry Commoner, and Machinist president William Winpisinger.

The immediate priority of the Rainbow, beyond developing a coherent national administrative

structure, is to appeal to other people of color. The key constituency for which Afro-Americans should begin extensive discussions are Hispanic Americans. Earlier this year, the U.S. Bureau of the Census published new statistics on the growth of the Latino population. Between 1980 and 1985, the Mexican American population increased from 8.7 million to 10.3 million. The Puerto Rican population in the mainland U.S. was up from 2 million to 2.6 million; and the Cuban Americans, 800,000 to 1 million. There are also approximately 1.7 million Spanish-speakers in the U.S. from Central and South America. If one also counts the 3.3 million people living in Puerto Rico, there are over 20 million Hispanics in the U.S., over 8.5 percent of the total population.

The parallels between Black Americans and Hispanics in economics, education, and other social categories are striking. In 1984, 25 percent of all Hispanics lived in poverty, compared to 10 percent of all whites and 36.3 percent of all Blacks. Notably, 42 percent of all Puerto Ricans were below the poverty line. In terms of median family income, Hispanics earned an average of only \$18,800, compared to \$15,000 for Blacks and \$27,000 for white Americans. Educationally, only 42 percent of all Mexican-Americans were high school graduates, and barely 5.5 percent graduated from college. Blacks and Hispanics share a common racial and economic discrimination.

Other than Cuban-Americans, the vast majority of Blacks and Hispanics share common economic, political and social interests. All Rainbow Coalition literature must be bilingual, and advocate issues which have special appeal to Latino voters. Local coalitions should be initiated for municipal elections which bring together Latino and Black community activists and leaders. The heart of the Rainbow Coalition must be the principled, constructive unity between the two largest national minorities in the U.S.

Dr. Manning Marable teaches political sociology at Colgate University, Hamilton, NY.

"Along the Color Line" appears in over 140 newspapers internationally.



Healthwatch

by Steven Bailey N.D.

It astounds me how often I hear or read of the dangers of exceeding the RDA (recommended daily allowance) in vitamin and mineral supplementation. Last week's *Observer* had just such an article, as well as KOIN evening news reporting on May 5th that "those in the know" say that no one needs more than the RDA of vitamins. This is pure ignorance. Maybe those pharmaceuticals whose drugs account for 30,000 deaths annually want to extol the "dangers" of vitamins, or maybe those who wish to present Americans as well nourished benefit from this stance, but there is massive research to indicate that the RDA's are inadequate to maintain optimum health.

There are a number of ways to evaluate "ideal" or "optimum" levels of nutrition, yet the avoidance of major single substance deficiencies such as beri-beri, pellagra, scurvy etc. is not reflective of optimum nutrition. We have a society whose life expectancy is rising, yet whose quality-of-life is degenerating with an ever increasing incidence of chronic diseases. We do not have massive cases of pellagra or other RDA related diseases, but the relationship of nutrition with the development/prevention of cancer, cardiovascular disease and other chronic maladies is well documented.

To begin with the RDA assumes that all people have the exact same metabolic needs and absorption rates. This is not true. Dr. Roger Williams, who received the Nobel Prize in medicine for his isolation of the first B vitamin, and helped initiate the enrichment with bread and milk has written extensively on the role of "biochemical individuality" regarding nutritional needs. One of his most revealing findings was that in "identical rats" (genetically hybrid for research) there existed 20 fold differences in the amounts of certain nutrients that were needed to perform base metabolic functions. Certainly if hybrid research animals show this great an individuality the assumption that humans with great genetic differences can be served by the same RDA is absurd!

One of the basic problems with the research on vitamins has been the testing of a single substance for its relationship with disease. As most vitamins have multiple functions and interact with other

vitamins and minerals in functional pathways, the single substance research has been unable to elucidate many of the cooperative roles of vitamins. The idea of an optimum supplementation is not developed with this type of research model.

Ideal supplementation would not only prevent single relationship diseases but would also provide good energy, strong resistance to infection, and a lesser incidence of degenerative diseases. How can we formulate ideal levels of supplementation? As per previous discussion, this must ultimately incorporate the individual needs, and may require subjective testing of the vitamins.

One of the ways that optimum allowance of vitamin C has been proposed is through the observation of healthy primitive cultures intake of vitamin C. Research has shown these groups consume 10-15 grams of dietary C per day. Animals who produce their own vitamin C produce a similar daily level (when factored to equal weight as a human). Dogs, per equal weight, produce around 15 grams a day, yet our RDA is 45 mg or 1/300th of what is found in optimum whole food nutrition. While we don't exhibit scurvy at 45mg a day, we certainly limit the bodies other vitamin C related functions (immune integrity, reduction of vitamin E for waste removal, etc.) with only 45 mg. a day.

Intake of 15 grams of C a day has shown some incidence of calcium oxalate stones in between 1 and 3% of individuals, yet this can be monitored with a 24 hour urinary calcium oxalate test. The individual sensitivity to vitamin C at this dose is not shown at levels of 1-4 grams a day, and most people will not develop stones with even higher levels than 15 grams daily. So my recommended optimum dose of C would be 1-3,000 mg a day. Whole food intake of fish, citrus, pepper, rose family (strawberries, raspberries etc.) is the optimum source of C. Yet most Americans are limited in these foods on a regular basis.

There certainly are dangers with excessive levels of fat soluble vitamins, especially A and D, and with minerals. An educated source should be contacted before you begin large doses of these vitamins, but the constant media statements that the RDA is adequate for everyone does a tremendous dis-service to our public, and probably helps maintain our high level of chronic disease.



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