

EDITORIAL/COMMENTARY

Rehnquist Appointment Predictable

The resignation of Warren E. Burger as Chief Justice of the United State Supreme Court was a surprise to many court watchers. But the nominee of William H. Rehnquist, by President Reagan, to succeed Burger as Chief Justice was predictable.

For Rehnquist shares the same view as Reagan, which are anti-press; anti-affirmative action; for the criminalization of abortion; for school prayer; and the use of illegally seized evidence in criminal trials.

Rehnquist, who was appointed to the high court in 1972 by Richard M. Nixon, will continue to be a threat to the civil rights of minorities as Chief Justice. His voting record on social issues are just as bad as Reagan's social policies.

During Rehnquist's tenure on the nation's high court, he has voted to overturn lower courts' decisions that sought to remedy police

brutality, prison overcrowding, and racial discrimination. He has also voted in favor of giving tax deductions to colleges and universities that adhered to racial discriminatory policies.

Rehnquist is also a believer of state rights. This means that in conflicts between state and federal government, conflicts should be resolved in favor of the state. Historically, state rights have denied Blacks and other minorities the right to vote, the right to employment, and the right to decent housing to name only a few. Indeed, the practice of Jim Crow and segregation took place under the patronage of state rights.

Given Rehnquist's ideological views, he will serve this President well as Chief Justice of the Supreme Court. His goals, like those of the President, are to wash away 50 years of social progress out to sea.



Healthwatch

by Steven Bailey N.D.

Summer is a season in which many adults experience acute injuries. The so called "Thursday" athlete or unconditioned adult who joins a summer softball league, the gardener who lifts improperly with no warm up, and many other "re-awakened" adults fill emergency rooms of our nation's hospitals. While adult softball constitutes the single largest group of emergency entrants (and I've seen many privately over the years), the numerous injuries share some common components.

Cause: While some injuries occur to the best conditioned athletes, most summer injuries result from two causes. One cause is the failure to warm up properly. Gradual stretching of all muscles is imperative to all athletics, and should also be done prior to heavy lifting or other strenuous chores. A second cause of injury is poor conditioning prior to the activity. Many people are inactive throughout winter and then attempt to do what they did as children, but with the "flab" of adults. Muscular, skeletal, and cardiovascular systems are strengthened by exercise, but the strengthening process must be gradual. Start with 15 to 30 minute programs and build up. Proper conditioning should allow you to "rebound" in energy shortly after your workout and not drain you completely.

Treatment: First Aid for acute trauma is related to the particular injury. For sprains and strains, ice should be applied to impair swelling and diminish bleeding. Heat in the first 24 hours may actually compound the injury! If more serious injury is suspected, an x-ray series should be taken of the injured area. As the injury begins to lessen, alternations of 10 minutes hot, 5 minutes cold are optimum (never put ice directly on the skin, use a cloth to separate).

Low back injury often can be prevented by stretching and proper lifting, but like strains should initially be treated with ice. I've seen many minor back strains become severe with early hot soaks. Often low back strains involve a pelvic imbalance which would benefit from Naturopathic, Chiropractic or Osteopathic manipulation. While pain-pills might diminish the symptoms, only re-alignment will totally alleviate the problem.

Internal supports for soft tissue injury include vitamin C (1-2,000mg/day), vitamin E (200 IUS), Calcium/Magnesium (1000mg/500mg) and B-6 (100mg/day). Comfrey leaf has an important role in repairing tissue damage.

Rehabilitation: It is important not to return to physical activity too soon after an injury, as re-injury often occurs. Swelling and bruising often represent torn tissue in the body and means that the strength of the particular area is diminished. Swelling should be minimal and no active bruise present before you resume activity with the injured part. Passive range of motion can be employed early and non-weight-bearing exercise such as swimming may follow. If exercise increases the pain, you should back off in intensity. Bike riding is an excellent therapy for knee concerns once the inflammatory phase is over. Probably the worst rehabilitation for knee and ankle problems is jogging, and resumption of this, basketball, etc. should only occur at the end of the rehabilitation phase.

Using ace supports and/or taping may help avoid re-injury, and use of hot/cold applications after exercise is also helpful. Be patient with your rehabilitation. As we get older, our repair processes take longer, and too many summer athletes run back to the field before they are ready. Pay attention to the pain and swelling. They are your body's way of telling you to go more slowly.



"Populism-Left and Right"

Along the Color Line by Dr. Manning Marable

Within a decade, it seems, no politician will run for office under the traditional "Liberal" or "Conservative" labels. Even the terms Democrat and Republican are becoming less distinctive. Instead, the political identity which seems to be growing in popularity is "Populist."

In theory, a "Populist" is a politician who favors an equitable tax system, in which the corporations pay their "fair share." Populism historically has promoted the concerns of grassroots, community constituencies above elitist, privileged interests, and legislation protecting the concerns of small businesspeople family farmers, and working people. But in practice, Populism has been embraced ecclectically by groups from the ultra-right to the progressive left. Everybody wants to get aboard a moving bandwagon.

Two years ago, elements of the political right formed a "Populist Party," and ran celebrity Bob Richards for President in a symbolic, low-budget campaign. According to the *Monitor*, a publication of the Atlanta-based Center for Democratic Renewal, one former chairman of the Party was Bob Weems, a racist with "a long history of Klan involvement in his native Mississippi." One leading figure in the Populist Party's National Executive Committee was Willis Carto, publisher of the far-right tabloid, the *Spotlight*. The neo-Nazis and Klansmen who flocked to the conservative formation have contributed directly to its organizational demise. Obviously the ultra-right sect, despite its Populist-style rhetoric, is going nowhere.

A second group which has tried to usurp the Populist banner are conservative Reaganites, both in Congress and Republican party activists connected with Richard Viguere. The most prominent spokesmen for this tendency of "conservative Populism" are Georgia Congressman Newt Gingrich and Deputy Secretary of the Treasury Richard Darman. The basic contradiction of this faction is that they have absolutely no genuine commitment to support the economic interests of working people, farmers, and minorities above the prerogatives of the corporations. Last December, for instance, the *Wall Street Journal* observed that "efforts by conservative Republicans to portray

themselves as populists took a beating in the tax-fight bill (when) they found themselves defending tax breaks for corporate interests. Declares Minnesota Democratic Rep. Sikorski: 'If Republicans are populists, then it's 75 degrees and sunny in International Falls.'"

The third tendency of Populism consists of hundreds of community organizers, trade unionists, state legislators, Congresspeople and academics who view themselves as the true ideological descendants of the old Populist Party of the 1890s. A short list would include former Oklahoma Senator and Presidential candidate Fred Harris; Texas Agriculture Commissioner Jim Hightower; Alabama Secretary of State Don Siegelman; Democratic Congressmen Tom Daschle of North Dakota and Lane Evans of Illinois. Although many of these "progressive Populists" represent white constituencies from the South and Midwest, some are coming from unlikely areas. When liberal Populists recently founded the Washington, D.C. based New Populist Project, an educational foundation, black California Assemblywoman Maxine Waters agreed to join the Project's board of directors. Waters was a key figure in the Rainbow Coalition campaign of Jesse Jackson in 1984.

There is one basic issue which this new, "progressive Populism" must address in order to become truly viable in the future. Unlike many blacks and Hispanics, millions of white Americans simply do not recognize how the system operates against their best interests. Can low to moderate income whites accept the idea of democracy "from the bottom up," rather than from the top down? Can they comprehend that political power is allocated unevenly, and that only through confrontation and intense organization can the balance of power turn toward our favor? Democracy is not a "thing," but a process — a dynamic and complex effort to empower those who lack the material, social and political tools to improve their lives. If progressive Populists are not afraid to challenge the real power brokers, they could become an important element in democratic social change.

Dr. Manning Marable will become Professor of Political Science and Sociology at Purdue University, West Lafayette, Indiana. "Along the Color Line" appears in over 140 newspapers internationally.

Letters to the Editor

"All Of Us Black Folk Are Not Asleep"

Re: Letter By Rosalyn Borg
"Don't Hold Water"
June 18, 1986

Concerning Brother Bob Lothian's article, "Israel And South Afrika: Teh Apartheid Connection" and in the belief that knowledge and awareness are necessary and effective antidotes against the venom of hate, Sister Rosalyn Borg has not done her homework. A sponge may not hold water, but the Universe is governed by truth. Brother Bob Lothian told the truth.

As a people with a long history of struggle against U.S. racism at home and abroad, Afro-Americans refuse to ignore or be insensitive to the racist character of Israel's military, carried out with the complicity of the U.S. We are aware of Israel's flourishing relation with the racist regime in South Afrika. Its status as a new colonial power standing guard over "western interests" has allowed Israel to become competitive with South Afrika as the country whose economy yields the highest rate of return on capital investment in the world.

Sister Rosalyn, are you aware on several occasions in recent years, the U.N. General Assembly has held discussions that resulted in a resolution supporting an arms embargo against South Afrika. In each instance, Israel formally refused to participate. Such action is equivalent to the state of Israel saying that the U.S. has no jurisdiction in the matter and is, therefore, acting illegally. With the help of the U.S. and certain members of the NATO military Bloc, Israel and South Afrika have collaborated to produce a neutron bomb and are reportedly collaborating to produce their own version of the cruise missile. Thus, Atomic weapons are part of the arsenal of each, and neither country has signed or ratified the Nuclear

Non-Proliferation Treaty.

Like the U.S., Australia and South Afrika, Israel emerged out of a process that involved the gradual takeover of a non-European land by people from Europe, people who succeeded in establishing, and still maintain, control over those who had been living on the land for generations before the European settlers arrived. In each of these countries, control was accomplished, to a greater or lesser extent, by the physical destruction and brutal subjugation of the indigenous population. I. F. Stone, the Jewish-American writer, remarks that "the usual Jewish attitude toward the Arabs is one of contemptuous superiority."

Again, I will say, Afro-Americans must become more knowledgeable about international affairs, educating ourselves beyond the information - more often, misinformation - provided by the establishment media bar by the so-called educational system.

Brother Ben Amin and the Black Hebrews who migrated to Israel, the blood of Abraham, have caught hell. The Israeli government denied the authenticity of their Jewishness. According to Prince Elkannam Ben Shaleak, nearly 80 percent of the children 15 years and younger were born in Israel, but the Israeli government has refused to grant them birth certificates.

Sister Rosalyn Borg, Area Director, Amerikan Jewish Committee, Portland Chapter said: "The statements that equate Israel as a racist country don't hold water. Conditions in Israel and South Afrika cannot be compared." I have a problem accepting that as a fact, since they share a similar heritage

of having established themselves on the lands of others, a similar ideology of racial superiority and exclusiveness, a similar wish to bully and subvert neighboring states, a similar isolation within the international community, where they are both pariahs. They are also both conscious and willing allies of the United States in its attempts through the use of local proxies, to undermine and to counteract the liberation movements of the Afrikan Continent and the Middle East.

The emergent alliance between the two settler states has moved on from simple ideological agreement to cover a wide range of economic, political, diplomatic, military and nuclear links. Both have had something to offer the other and both sides have concretely benefited. The whole of the Israeli army's experience is now at the disposal of the apartheid regime. There are now around 350 Israeli military personnel in South Afrika, on secondment to the navy, the air force and the army, helping with the organization and training of border security units advising and assisting South Afrika's counter-intelligence services, and working with South Afrikan military scientists for the development of new weapons. There are also several hundred soldiers from the apartheid regime training and studying with the Israeli Armed forces, while there is an agreement on the exchange of intelligence between both regimes. Such is the nature, not only of the Israeli-South Afrikan alliance, but also to the ties that link both so closely to Washington, D.C.

We must continue to oppose the nuclear, military and economic alliance between South Afrika and Israel.

Dr. Jamil Cherovee

Portland Observer

The *Portland Observer* (USPS 959-680) is published every Thursday by Exie 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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