

EDITORIAL

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The Portland Observer

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STAFF

PUBLISHER

Charles Washington

EDITOR

Larry J. Jackson, Sr.

BUSINESS MANAGER

Gary Ann Taylor

ADMINISTRATIVE ASSISTANT

Talunaka Washington

DIRECTOR OF ADVERTISING

Tony Washington

COPY EDITOR

Joy Ramos

GRAPHIC DESIGNER

Heather Fairchild

DISTRIBUTION MANAGER

Mark Washington

CONTRIBUTING WRITER

Richard Luccetti

4747 NE Martin Luther

King, Jr. Blvd.

Portland, OR 97211

503-288-0033

Fax 503-288-0015

e-mail pdxobserv@aol.com

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Who's Going To Crack Next?

What are the clues to tell if someone you know may snap?

According to a mental health expert, there are recognizable signs to detect if you or someone you know or love is about to "go over the edge."

Surprising symptoms such as things seeming unreal, *deja vu* and "looking through someone else's eyes" are huge warning signals. Writing death poems, obsessing about death and violence, deliberately injuring or mutilating the body, pulling out hair, roadrage, "freaking out" over minor stress, substance abuse and punching walls should never be ignored. Anyone talking about suicide, homicide, violence, hate, or death is also showing signs they may "snap"

—particularly under stress.

"If you can spot the person before they crack, you can help them dramatically and quickly with the right treatment," says Dr. Leland Heller, a Florida family physician, mental health expert, and author of the new book, "Biological Unhappiness" (Dyslimbia Press, 1999). His first book "Life at the Border" is on the recommended reading list at the National Institute of Mental Health. Dr. Leland Heller is a man on a mission. He's dedicated to saving lives.

Dr. Heller says some obvious signs that a tragedy may be brewing are when a person says things like, "I

don't want to live, there's no point to living, everyone seems to have it in for me, life has no purpose, I'm worthless, why bother trying, or others would be better off if I was dead."

"Going over the edge is usually part of a treatable biologically based problem," explains Dr. Heller. "The trick is to recognize the problem before they snap. Many individuals have more than one diagnosis, and some combinations can be deadly."

Stress at work, home, and even at play is causing more reports of people "cracking," or mentally "breaking down," than ever before. The problem is leading to a stagger-

ing amount of murders, suicides, road rage, family abuse, drug abuse, unhappiness, and much more.

Dr. Heller has a free screening test online at <http://www.biologicalunhappiness.com>. The test helps determine if someone has any of a variety of disorders, from the Borderline Personality Disorder or Attention Deficit Disorder, to Bipolar Disorder or Panic Disorder, all of which are treatable biological conditions that can cause even a "good person" to lose control and commit a horrible tragedy.

"If we detect and handle the problems now, we can help keep many

people from snapping," says Dr. Heller. "Most of the killing can be prevented and the suffering stopped."

Dr. Heller has answered a thousand "ask the doctor" questions for a website on the borderline personality disorder (which may have afflicted Princess Diana). You can email a question to him at the "Borderline Personality Disorder Sanctuary" at <http://www.navicom.com/~patty>.

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The Manhood Line

Anti Male Fever Surfaces In Japan—Again

By MIKE RAMEY

Brothers, we sometimes tend to believe that the battles we fight daily with our feminized culture in the U.S. only happens on our shores. This could not be further from the truth, as exempted by an Associated Press article that came out of Tokyo in the late spring of this year.

In a nutshell, the article was a play-by-play feminist re-hashing of the accusation that Japanese fathers did not spend enough time raising their children, nor helping with house work, because of the long hours that they put in on their well-paying jobs. The re-hash came in the form of anti-male public service ads appearing in government-owned media.

This isn't the first time the press raised this, or similar accusations. Back in the 1980's, the same press that led more Japanese women into the workforce and away from the home, also 'hammered' on men because of the 'so-called sexist' attitudes about the male-female relationship. However, there were two things that stuck out about the article: 1) American men, According to a United Nations study, did almost as much shopping as their wives, and were more involved in child care and housework; 2) Japanese men were outraged and may take action against government officials (who have sup-

ported the ads, by the way).

Brothers, anytime a politician, male or female, who believes that the best way you can serve as a husband is with an apron, a baby carrier, and a shopping list, its time for you—and your friends—to vote them out of office.

God did not create you to be a man in a dress. It is up to the husband to serve as head, priest, and provider in the husband-wife relationship; it is up to the wife to serve as helper, supporter, and follower. Anything short of this will lead to massive confusion—something that wrecks homes and delights feminists.

Women On Strike In Mexico
Meanwhile, out of Mexico City, according to the Tribune News Service it seems that women-housewives mainly—decided to launch a July 'housework stoppage'. Now, this has been tried in other countries, for a variety of different reasons. We never quite find out the aftermath of such actions—only the prelude.

Feminists have pumped up the heads of young, or recently-married housewives, and led them to believe that they have 'rights' once they slip on the wedding bands, including the right not to do housework.

So, how can I tell that the feminists are behind this creation? Well, the same article stated that many of these same women favored the 'pro-

choice' (or I should say 'pro-murder' stand) regarding abortion, and that many of these women were clamoring about 'equal right', without 'equal responsibility'.

In other words, brothers, whenever you allow outside voices into your home, and into your marriage, and don't question their motives or agenda, you run the risk of having your palace turned into a war zone.

Psychologists Aim to Push Daddy Out-Again

According to various articles that have surfaced, "The American Psychologist", the top news and information journal published by the American Psychological Association, caused some fireworks of its own back in its June, 1999 issue.

In short, it held that fathers were 'harmful' to the child rearing process and did not make a needed contribution to child development.

Now, I have not read the study itself, but a lot of people on both

sides of the political stripe have. The conclusion is that Daddy doesn't count. That's enough to send me to my keyboard and urge that those in the psychological profession that support such trash be boycotted by decent men and women everywhere.

Brothers, make no mistake about it. These attacks on manhood and fatherhood are not by accident, but by choice. Little by little, industrialized nation by industrialized nation, the 'feminist creep' can be seen. Men are little more than 'wallets, breath, and bitches'.

Seen The Fall TV Promos Yet? While it has been revealed that various major African American and Hispanic groups have clamoring and threatening boycotts due to the absence of people of color from major and minor television networks this fall, (an the networks are scrambling to keep viewers), the main debate has been overlooked: the treatment of men in the new fall season.

From what I have seen so far, I am

not a happy man. While marriage has been making a comeback, and men are being welcomed back by many communities in their biblical roles, the fall schedules still have many angry, divorced, single women; and men serving either as sexual play toys, idiot, or absent.

Brothers, maybe its time we wrote a simple letter to the networks and told them that, when it comes time for the fall sports offerings, since we aren't respected in the news, public affairs, or entertainment areas, we will save our money and not partake of the NFL, NBA, or any other television sports offerings.

Instead, we'll take our wives and go watch our kids play their sports at the local high school.

Got a comment? Drop a letter "The Manhood Line", care of Mike Ramey, P.O. Box 20131, Indianapolis, Indiana 46220

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Letters To the Editor

To The Editor of the Portland Observer:

On Sunday, the 29th of August, I was reading an article about a young girl from Arizona who is the focus of an abortion debate. In an article by David Schwartz he tells of a young girl who at the age of fourteen is a ward of the state of Arizona and has been since she was five. This little girl is an orphan whose mother just recently passed away and whose father is absent. The state of Arizona has granted her permission to have a late term abortion, for the pregnancy was the result of an act of violence.

This appertains to a child who is being victimized by the system. A child who had no choice. There is a little girl who has been raped and under no circumstances was there a decision process on her part of being impregnated. I am aghast by the actions taken by anti-abortion groups and infuriated with the governor's office for an effort to appeal the ruling. In my understanding of The Constitution of the United States we have freedom of speech and freedom of choice. It's time to take an earnest look at our motives and morals in these individualized cases. Anti-abortion groups are crossing the line by attacking a child. Being attacked may

have a potentially detrimental effect on her emotional and psychological state. I firmly believe in reevaluating their movements in taking this to a level of legal action. As a young girl she has an irrefutable right to her body and has been through enough trauma. Give her the opportunity to get on with her life in hopes she can make it out of the system with some shred of her humanity.

I find it disheartening that in a highly advanced society we still manage to attack people for their personal and private decisions. Living with the decisions we make every day is onerous enough, but to be personally attacked, especially at the age of fourteen, is potentially life damaging. As Americans, everyone has a right to freedom of choice. While many people take it to extremes, if one by one we can learn to live together and respect every individual, then in time we will slowly evolve to a free America. A Society where it would be safe to send your children to school. Consequentially, where a little girl cannot be scrutinized for a decision she should have never had to make, and was forced to since there were unfortunate circumstances.

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Thank you for taking the time to give us some feedback.



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