

Happy New Year!

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Week in The Review

Radioactive trees banned

Ukrainian police seized a batch of radioactive Christmas trees that businessmen were selling at local markets for the upcoming Orthodox festive season, media reported. The fir trees were cut in a forest in the neighboring Zhitomir region contaminated by radioactive fallout following the 1986 Chernobyl nuclear plant disaster.

Yule Log burns up ratings

The Yule Log—a TV broadcast of logs burning in a fireplace at New York's Gracie Mansion with Christmas carols as a soundtrack—burned up the ratings this year. The uninterrupted two-hour Christmas morning broadcast returned to the air in 2001 after a 12-year hiatus. The show's airing of the 1951 classic film version of Charles Dickens' *A Christmas Carol*.

Crazy for X-mas cookies

A woman charged with a shopping-mall assault in Ann Arbor, Mich., did it all for the cookie, police said. The unidentified woman allegedly attacked a cookie-stand clerk last week after she was told the particular treat she wanted was unavailable. She spent Thursday night in jail, where police said there probably were some leftover Christmas cookies.

Home for the holidays

Being remembered on Christmas wasn't so great for Chandler Charles Field of Salem. He was arrested by the same police officer that arrested him four years ago for leaving dinner without paying the bill. In February 1998, Field allegedly escaped through the back window of a patrol car and Officer Mike Basket, who suffered good-natured ribbing from his colleagues over the escape, decided that his best shot at nabbing the fugitive would be when he was visiting his parents for the holiday.

Corked champagne kills cats

Wildlife campaigners say cracking open the wrong New Year bubbly could contribute to the first feline extinction since the prehistoric Saber-tooth tiger. Lynxes in Spain and Portugal are becoming critically endangered as their cork-forest habitat dwindles. The London-based Worldwide Fund For Nature says farmers are also felling the cork forests to make way for more profitable crops.

Don't drink and die

A funeral home director in Myrtle Beach, S.C., is adopting a strategy to shock motorists into staying sober: free burial for anyone who signs a pledge to drink and drive on New Year's Eve. Chris Burroughs said he got the idea for the unusual offer from an anti-drunken driving campaign started four years ago. He said anyone with a driver's license could sign the pledge on New Year's Eve—though no one does.

There are only four kinds of people in the world - those who have been caregivers; those who currently are caregivers; those who will be caregivers; and those who will need caregivers. — Roselyn Carter, wife of former President Jimmy Carter.

Giving Care



PHOTOS BY WYNDE DYER/THE PORTLAND OBSERVER

Senior companion Emma Johnson (left) of the Metropolitan Family Services' Side-by-Side program takes Claudia Moore, 79, for a walk. Johnson provides respite care for Moore's husband, Thomas, 78, giving him a break from his responsibilities as primary caregiver.

When the pressure is too much

BY WYNDE DYER
THE PORTLAND OBSERVER

Denise James' days are long. They start as early as 6 a.m. and last well past midnight. If nobody comes to relieve her, she may work all week without getting home.

But her job isn't a job in the sense that she gets paid for it. Denise is the full time primary caregiver of her wheelchair bound parents, Dorothy and Willie James.

Willie, 80, is the survivor of several debilitating strokes and Dorothy, 66, is a diabetic who lost her leg to gangrene last June. James sees her work as both duty and responsibility, although it sometimes weighs on her.

"I do this because they are my parents, they raised me and now I'm just giving all my love back," she said. "But I can't handle all this pressure—it's tearing me up."

The pressure starts each morning when Denise rolls out of bed, or the couch if she hasn't been able to get home, to cook breakfast. After that, she administers medicine for her parents—more than 10 pills

each and insulin shots for Dorothy. Then they get bathed and dressed for some time in front of the TV, or a walk outside, followed by lunch and naptime.

"Every day it's the same thing," Denise said.

If she has to take her parents shopping, the excursion to Jantzen Beach or the mall might take the rest of the afternoon. When she gets back to her parents' two-bedroom apartment in north Portland, it's time for dinner and bedtime—if her father can get to sleep.

Sometimes he keeps then up all night coughing. If he can't sleep, Denise can't get home.

"I've got my own place and I've gotta get home," she said. "But it's only every once in a while that I get to spend the night in my apartment."

The situation frustrates Dorothy, as well. She took care of her husband for as long as she could. When her leg had to be removed, she knew it was time to get help. Although she can cook, bathe and clothe

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Dorothy James is diabetic and wheelchair ridden since losing her leg to gangrene this summer. Unable to care for her husband, she gets caregiver help from her daughter, Denise.

Resources help the helpers

BY WYNDE DYER
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More than a few times Thomas Moore, 78, has walked into his kitchen to find the room filled with smoke and his wife, oblivious.

One Sunday morning he woke up and couldn't find his car keys—or his wife—or their car.

Moore has provided in-home care for his wife Claudia, 79, since she had surgery to remove a brain tumor in 1989. It's a job that he said leaves him so brain-tired that he sometimes just wants to lay down and let himself go.

"I think sometimes it's harder on the giver of the care than the receiver," Moore said. "The walls of the house start closing in on me and I know that old devil's busy."

It is especially difficult for Moore, a self-described outdoors man, to be confined in the Irvington home he bought for his wife and eight children in 1956.

Before 1989, he had worked two jobs at a time since he was 27. He started out in the shipyards during the World War II; worked for Montgomery Ward; was a janitor; and worked on assembly lines. Moore thinks he has probably been home more in the last 13 years than the first 55 combined.

But even when he feels overwhelmed by the responsibilities, Moore said he knows he is doing the right thing by keeping Claudia at home.

He met her in 1944 while living in Vanport, the town adjacent to Portland that was washed away by Columbia River floodwaters. Claudia played piano for her church choir. Moore said he was supposed to marry a girl from his high school in Cairo, Ill., but he remembered his English teacher telling him he needed to find someone more like his mama. When he met Claudia, he knew she was the one and two years later they were married.

"She was a wonderful mother, always caring," he said. "Now I do it all, the cooking, the cleaning, everything around the house."

Claudia needs supervision all day long to make sure she doesn't catch the house

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Chiles Center to Host King Event

Annual celebration honors life and legacy of Dr. Martin Luther King Jr.

ing the life and legacy of Dr. Martin Luther King Jr., "Keep Living the Dream" humbly attempts to give voice to the common citizen and acknowledge the struggle for civil rights and human dignity.

"Keep Living the Dream" reminds us all, as Dr. Martin Luther King Jr. did so eloquently and so powerfully, that "we are all bound together in a single garment of destiny."

Event organizers point to the terrorist attacks of Sept. 11, 2001 as reminders that what affects one affects us all; and that "freedom is never free."

"The indomitable spirit of the American

people must keep their dreams alive by being ever the more vigilant and not be fooled into sacrificing freedom and democracy for an uncertain security," organizers said.

Invited artists and speakers include Portland Mayor Vera Katz, civic and religious leaders, educators, school board members, gospel choirs from across the Pacific Northwest, concert bands, Japanese drummers, African dancers, Latin musicians, and other child and adult performance groups.

The program opens with the historic Buffalo Soldiers Color Guard.

Lifetime Achievement Awards will cel-

brate community persons who have distinguished themselves and made our community richer and more humane through exemplary service.

The entire program will be simulcast on KBOO Radio (90.7 FM), Portland Public Schools (Channel 28), and Portland Cable Access Television (Channel 11).

Admission consists of a voluntary \$2 donation or two cans of non-perishable food to be given to local food banks. The American Red Cross will once again hold its annual "Martin Luther King Jr. Blood and Bone Marrow Drive".

King celebration sponsors include Portland Public Schools, Oregon Education Association, Portland Association of Teachers, Portland Parks and Recreation, SAFECO Corporation, Enterprise Rent-A-Car, Portland Cable Access, KBOO Radio University of Portland and the World Arts Foundation, Inc.



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