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**A Perfect Season**

Area team wins Police Activity League Youth Football Championship  
See Sports, Page B6

**Brittney Picks Minnesota**

Jefferson all-star makes plans for college basketball  
See Sports, Page B6



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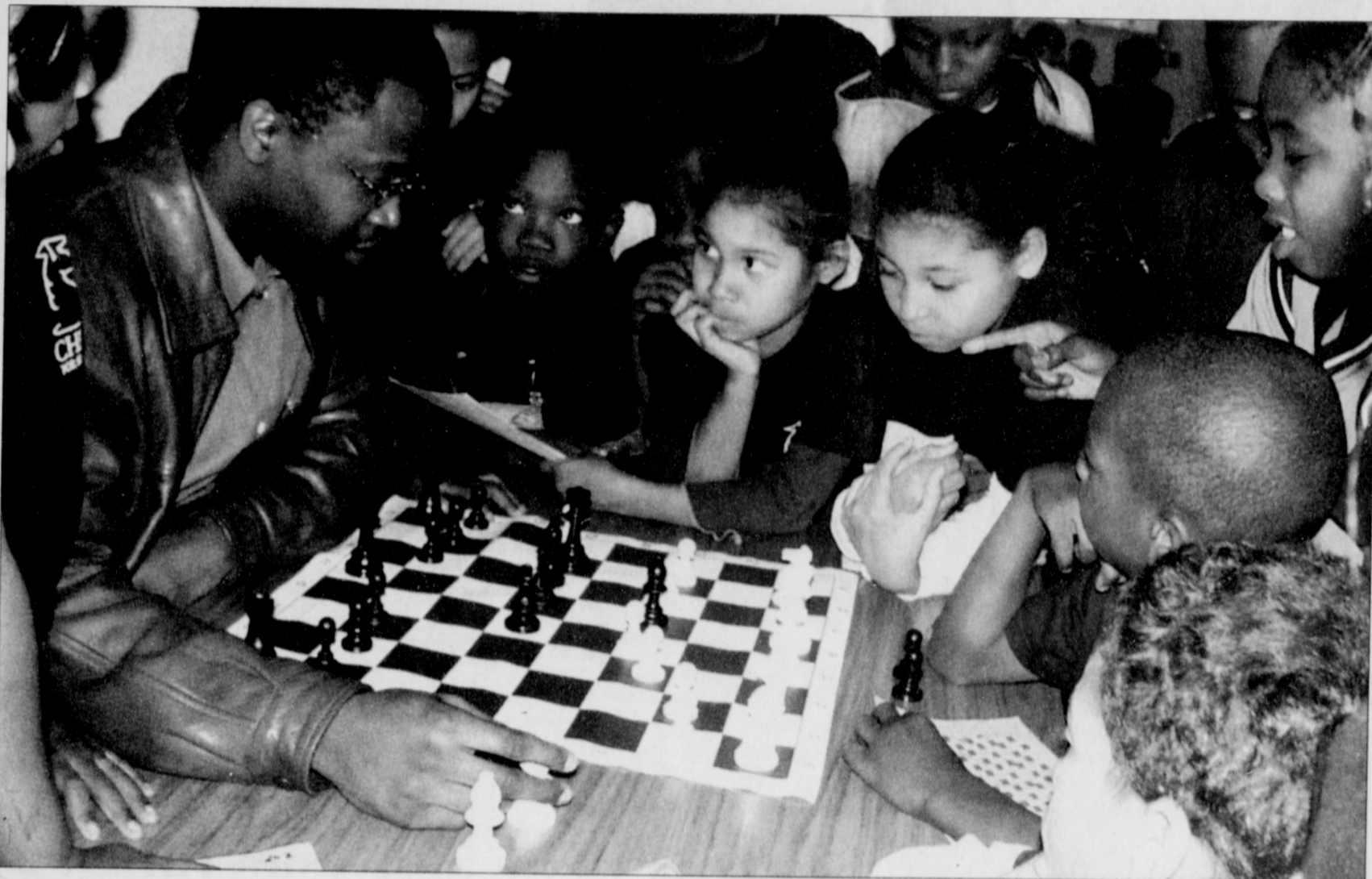


PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER  
Vernon Elementary second-grader Robert Akil challenges chess luminary Maurice Ashley to a match as other members of the school's Owls Chess Club intently watch.

*Knight of the Board*

Students at a northeast Portland elementary school got some inspiration from one of the world's best chess players Thursday.

Maurice Ashley made history when he became the first and only African American to earn the title of International Grand Chess Master.

Ashley met with the entire student body at Vernon, including members of the Owls, the school's chess club. After an assembly, Owls team member and second-grader Robert Akil challenged Ashley to a match.

**Teen Sniper Suspect Trial Begins**

Lawyers argue young suspect was brainwashed

(AP)—Jury selection entered a second day Tuesday in the capital murder trial of teenage sniper suspect Lee Boyd Malvo, accused in last year's sniper spree that left 10 people dead in Maryland, Virginia and Washington, D.C.

Malvo attorney Craig Cooley told Circuit Judge Jane Marum Roush that he would present a defense of innocent by reason of insanity.

He plans to argue that Malvo was so brainwashed by fellow suspect John Allen Muhammad, 42, that he either did not know what he was doing or could not control himself.



Lee Boyd Malvo

It likely will be a tough sell—and risky. Studies have indicated that defendants who mount insanity defenses generally have higher conviction rates than those who don't, said Thomas L. Hafemeister, director of legal studies at the Institute for Law, Psychiatry and Public Policy in Charlottesville.

"A lot of people see insane individuals as both very bad and very scary," said Hafemeister, who also teaches at the University of Virginia law school. "The risk for the defense is that if they fail to convince the jury, then essentially they have a defendant who has acknowledged doing the deed and being mentally unstable, which creates a very scary person in the minds of the jurors."

Shortly before jurors were brought in Monday, Malvo, 18, stood before the judge and pleaded innocent to murder charges in the shooting of FBI analyst Linda Franklin, killed during the three weeks of sniper attacks that terrified the Washington area last fall.

"Not guilty," Malvo replied in a clear voice each time he was asked for his plea to two counts of capital murder and to one count of using a firearm in a felony.

When the judge asked if he was ready for trial, he answered, "Yes, ma'am."

Malvo and Muhammad are being tried for two different killings, both in northern Virginia in October 2002. Both men

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**A Picture of Health**

Loaves and Fishes help seniors control diabetes

BY JAYMEE R. CUTI  
THE PORTLAND OBSERVER

Nettie Shepherd doesn't play around with her diabetes. She doesn't eat sweets, none. She has curbed the amount of salt in her diet and she doesn't drink alcohol or smoke cigarettes. Ever.

Since being diagnosed with diabetes in 1995, Shepherd began exercising everyday, dropped 25 pounds, and read everything she could find on diabetes, a life-threatening disease that prevents her from turning starches and sugars into energy. She is 74.

A northeast Portland resident, Shepherd is one of a growing number of diabetics being served

meals especially prepared for them by Loaves and Fishes' Meals on Wheels program. More than 25 percent of Loaves and Fishes clients also receive the low-carbohydrate, sugar-conscious meal.

*You can't be in denial when you first contract diabetes. I had to make a choice to control the diabetes or let the diabetes control me.*

—Nettie Shepherd

"There's been a tremendous increase in the number of people who are being diagnosed with diabetes," said Jean Hemingway, Loaves and Fishes high risk manager and educator. "Among those older than 65 years, more than 40 percent have diabetes."

To better control the disease, Shepherd began participating in the six-week long Chronic Disease Program, created to support the high number of diabetic Loaves and Fishes clients. The program discusses common threads between many chronic diseases, including pain, fatigue, stress, managing multiple medications

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PHOTO BY JAYMEE R. CUTI/THE PORTLAND OBSERVER  
Nettie Shepherd shows how an electronic monitor helps her control blood sugar levels to manage diabetes and maintain a healthy lifestyle.

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**Week in The Review**

**Gore Criticizes Bush on Civil Liberties**

Former Vice President Al Gore says the Bush White House is using the Sept. 11 terror attacks to justify a major offensive against the freedoms and liberties Americans have enjoyed for centuries.

**Miss Afghanistan Honored at Miss Earth Pageant**

Miss Afghanistan Vida Samadzai, condemned in her homeland for parading in a red bikini at the Miss Earth contest, won the pageant's first "beauty for a cause" award.



Bishop Wilton Gregory

**Clergy Urged to Repair Bonds**

The leader of America's Roman Catholic bishops urged his fellow prelates to repair the bonds with rank-and-file Catholics that

have been broken during nearly two years of crisis over clergy sex abuse.

**'Matrix Revolutions' Pummeled By Critics**

The sci-fi Matrix saga lost some of its spin at the U.S. box office, with "The Matrix Revolutions" pulling in \$50.16 million in its opening weekend - off 45 percent from the previous chapter's weekend debut. "Revolutions," pummeled by critics as harshly as "The Matrix Reloaded" was last May, has grossed \$85.5 million domestically since debuting.

**Lynch Exploited by Military**

Former prisoner of war Jessica Lynch accused the military of using her capture



Jessica Lynch

and rescue to sway public support for the war in Iraq. Dramatic video of U.S. commandos whisking Lynch from a hospital to a waiting chopper helped cement Lynch's image as a hero. "They used me as a way to symbolize all this stuff," Lynch told ABC's Diane Sawyer in a "Primetime" interview. "It's wrong." See story on page A2.

**U.S. Pushes Canada to Lessen Access to Pharmaceuticals**

Urged on by the U.S. government, Canadian officials are cracking down on companies, pharmacists and physicians within their borders that help American citizens get cheaper prescription drugs.