

A Picture of Health

continued ▲ from Front

and the feelings of helplessness associated with many serious illnesses.

"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," said Shepherd. "I'm not the kind of person that lets anything control me."

Shepherd says she has learned to stay on a strict diet, and asks her doctors lots of questions. This approach has helped her avoid taking insulin shots. She controls her blood sugar through medication and diet.

According to Hemmingway, many of Loaves and Fishes' diabetic clients find their prepared meals as a useful tool in managing diabetes, demonstrating proper portions sizes and healthy choices.

"People that go on our meal program increasingly find it helpful in managing their blood sugar because of the balance and the right portion sizes," she said. "It really helps them get a handle on what they're eating and how appropriate things are that they're eating."

For more information about Loaves and Fishes' Meals on Wheels program or chronic disease classes, call 503-736-6325 or visit the website at www.loavesandfishesonline.com.

I did not shoot, not a round, nothing ... I went down praying to my knees.

— Former POW Jessica Lynch

Former POW says Military Manipulated Story

Jessica Lynch calls actions wrong and hurtful

(AP) — Former prisoner of war Jessica Lynch said the U.S. military was wrong to manipulate the story of her dramatic rescue and should not have filmed it in the first place.

The 20-year-old private told ABC's Diane Sawyer in a "Primetime" interview that she was bothered by the military's portrayal of her ordeal.

"They used me as a way to symbolize all this stuff," she said. "It hurt in a way that people would make up stories that they had no truth about."

She also said there was no reason for her rescue from an Iraqi hospital to be filmed. "It's wrong," she said.

The former Army supply clerk suffered broken bones and other injuries when her maintenance convoy was attacked in the Iraqi town of Nasiriyah on March 23. U.S. forces rescued Lynch at a Nasiriyah hospital April 1.

Early reports had Lynch fighting her attackers until she ran out of ammunition and suffering knife and bullet wounds. Military officials later acknowledged that Lynch wasn't shot, but was hurt after her Humvee utility vehicle was hit by a rocket-propelled grenade and crashed into another vehicle.

Lynch told Sawyer she was just in the wrong place at the wrong time, and that her gun jammed during the chaos. "I'm not about to take credit for something I didn't



Former U.S. Army Private Jessica Lynch (left) and Army Specialist Shoshana Johnson, both former POW's in Iraq, attend the 14th Annual Glamour magazine Women of the Year awards Monday in New York. (AP Photo)

do," she said.

I did not shoot, not a round, nothing ... I went down praying to my knees. And that's the last I remember." Lynch said she was terrified and feared for her life during her time in the Iraqi hospital, and didn't believe she was being rescued until she was being evacu-

ated in a U.S. helicopter. Then, Lynch said, she felt, "My God, this is real. I'm going home."

Footage of the rescue was aired repeatedly on television networks reporting how a special forces team bravely fought into and out of the hospital. "I don't think it hap-

pened quite like that," Lynch said.

But she praised the soldiers who rescued her. "They're the ones that came in to rescue me. Those are my heroes ... I'm so thankful that they did what they did. They risked their lives. They didn't know, you know, who was in there."

Comment Wanted on Bus Changes

TriMet wants to hear from the public about proposed bus service improvements in north and northeast Portland at a hearing on Monday, Nov 17 at 6 p.m. at the Kaiser Town Hall, 2704 N. Interstate Ave. Interstate MAX, which will open May 1, will replace the Line 5-Interstate Avenue bus.

Service hours from Line 5 will be used to improve other area bus lines. TriMet has incorporated community suggestions and wants feedback on proposed changes at the hearing. For more information, call 503-962-5806 or go to the Internet at trimet.org/max/yellowline/busstops.htm.

Seattle Civil Rights Group Turns 90

National NAACP leader address local chapter

(AP) — National NAACP President and CEO Kweisi Mfume joined members of the Seattle chapter last weekend as they celebrated 90 years of pressing for social change. More than 600 people — including King County Executive Ron Sims, Seattle Mayor Greg Nickels and U.S. Rep. Jim McDermott, D-Wash. — packed the Mount Zion Baptist Church for Mfume's 45-

minute speech.

He recounted the history of the civil-rights organization, from its 1909 founding in a New York City apartment building to today's 1,700 branches across the country and other parts of the world.

"We've come a long way and some things have gotten better," Mfume said. "But today is a matter of what we do now and what path we take."

He criticized efforts to curb affir-



Kweisi Mfume

mative action, questioned the expense of occupying Iraq and warned listeners not to buy into political rhetoric in the 2004 presidential election.

"The truth is, not every Republican is our enemy and not every Democrat is our friend," he said. "We need to measure people by what they do, not what they say." The struggle for equality continues, he said.

"Ninety years is long enough to recognize that we can't do it alone and with one organization," he said. "We ask that you come and work with us."



chris rock
the black ambition tour 2003-2004

ON SALE SATURDAY AT 10AM!

JANUARY 8 7PM
ARLENE SCHNITZER AUDITORIUM

presented by



Tickets available online at ticketmaster.com and at all [ticketmaster](http://ticketmaster.com) outlets, including Fred Meyer, The Warehouse, Tower Records and the PCPA box office. Charge by phone: (503) 224-4400. American Express Membership Rewards points may be credited for all concert tickets. All dates, acts, and ticket prices are subject to change without notice. A service charge is added to each ticket price. Tax, M.C. is collected. Eight ticket limit per person. Produced by Clear Channel Entertainment / Bill Graham Presents.



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

Motorcyclist Hurt in Traffic Wreck

Police investigate a serious injury accident involving a motorcycle and a car Sunday afternoon on Northeast Graham Street at Martin Luther King Jr. Boulevard. Christopher Frazier, the rider of the motorcycle, was transported by ambulance to nearby Legacy Emanuel Hospital. He was in fair condition Tuesday.

Family Tells 60 Minutes Teens Were Fed

Starvation case blamed on eating disorders

(AP) — The biological children of a Trenton, N.J. couple charged with starving their four adopted sons say the boys, who weighed no more than 45 pounds each, had eating disorders and were never denied food.

Raymond and Vanessa Jackson say they want to regain custody of the boys.

"We want our children back," Raymond Jackson told CBS News in an interview to be aired Wednesday on "60 Minutes II."

The African-American couple was charged with aggravated assault and child endangerment after their oldest adopted son was found scrounging through a neighbor's trash looking for food. The boys, ages 9 to 19, each stood no more than 4 feet tall and weighed 45 pounds or less when they were found by authorities.

The case outraged state officials and neighbors, and led to the firing of nine child welfare workers who were supposed to be supervising the children's care.

In the interviews with CBS anchor Dan Rather, family members stood by their claim that the boys were well cared for.

"We would eat together. I mean,

we would have, like, the same meals. We'd eat breakfast lunch and dinner together," the Jacksons' biological son, Raymond, said.

One of the couple's biological daughters, 29-year-old Renee, said her parents put an alarm on the refrigerator to stop the 19-year-old adopted boy, Bruce, from gorging himself. She said the eating disorder led Bruce to eat garbage and chew on wallboard in the house.

"I know he used to go through the trash before he even came with us," said Le Rae Jackson, another of the couple's biological daughters.

The Jacksons have said the children were underdeveloped in part because they were born to alcoholics and drug users.