

Compassion Not Revenge

continued ▲ from Front

While SAFES focuses mainly on touching individuals on a personal level, the group is connected with the Oregon Criminal Justice Reform Coalition, an organization that focuses on policy changes and political initiatives. The organization has lobbied against prison construction and has advocated for research on criminal justice issues from Portland State University to decision-makers in Salem.

The coalition also promotes restoring funding to prison programs, such as drug and alcohol treatment and cultural-specific programs.

Both organizations are part of a movement for restorative justice, a movement that advocates criminal prevention, education and healing to create safe communities, rather than the cycle of punishment, fear and perpetuating violence.

Huggins said there is a better way for offenders to take responsibility for their actions so that everyone wins.

"If you have winners and losers, you don't get anything from the losers," she said. "Losers just get worse."

Huggins cites a case in which a South African man was beaten for being perceived as Islamic towards the beginning of the war in Iraq. The man wanted his attackers to serve restitution in a local mosque, but the district attorney asked for jail time. In a compromise, they were sentenced to restitution picking up garbage.

To Huggins, the penalty lost its effectiveness.

Had the man who was attacked had his way, there could have been a huge opportunity for education and healing. This is restorative justice in action, she said.



Members of Survivors Advocating For an Effective System role play as a healing tool. The group is part of a movement that advocates for change in the criminal justice system with a focus on crime prevention, education and healing to create safer communities.



Dr. Billy R. Flowers

THE SPINAL COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 10. Fatigue: A cure for people sick and tired of being of being sick and tired.

Q: I seem to be tired a lot lately. Does that mean I need iron?

A: The most common reason patients come into our office is because of some type of pain. But many of these people are also suffering from fatigue. Fatigue that makes the eyes burn slows down the healing process and makes you wonder why you don't feel as well as you used to. Obviously, there can be many causes of fatigue. Diet is certainly one of them. It's a subject we'd be happy to discuss with you in detail. Another cause, however is often stress. Many of you have prob-

ably heard of the "Fight Or Flight" syndrome. When the body is stressed, it responds with a combat-ready posture. In analyzing many such patients' x-rays, we find the head angled forward and the back arched in this highly-stressed position. After Chiropractic adjustment, this condition is often vastly improved. Patients come back well-

rested, telling us they just had their best night's sleep in ages. If you think the stress of everyday life might be wearing you down and preventing your body from warding off illnesses, call us for an appointment. Or if there are any other questions you might have about your health, just call us at the phone number below.

Flowers' Chiropractic Office
2124 N.E. Hancock Street
Portland, Oregon 97212
Phone: (503) 287-5504

Huggins now volunteers for the SAFES speaker's bureau where she shares her story when-

ever she is given the opportunity. She hopes to provoke critical thought and empathy by shar-

ing her experiences, because "change happens one person at a time."

Miss Oregon Sweetheart Queen

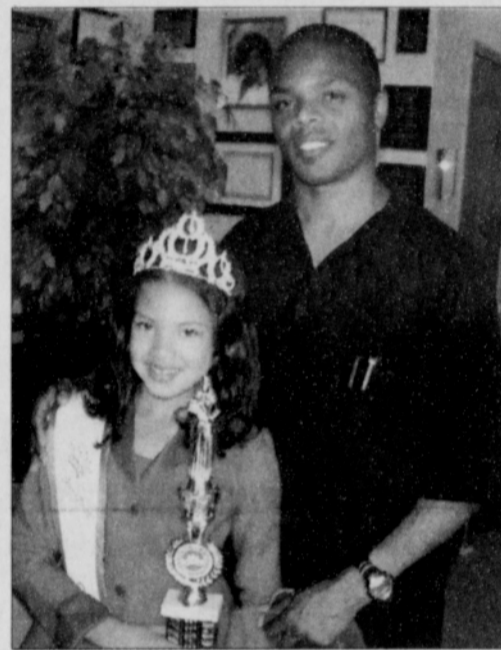
A northeast Portland girl is proudly wearing her glitzy crown along with a beautiful smile and positive outlook as she goes on to compete in the American Coed Sweetheart pageant.

Maur'elle Lampkin, 8, a Third Grader at Menlo Park Elementary School, recently earned the title of Miss Oregon Sweetheart.

She entered the competition to give her something exciting to do outside of school.

"I just wanted to have fun," Maur'elle said. "I don't mind dressing up and getting my picture taken, but I didn't know I'd win Miss Oregon. I feel very honored."

She won the contest's 7-9 year-old division on July 19 at the Vancouver Red Lion after competing in talent, speech, and photogenic competitions.



Miss Oregon Sweetheart Maur'elle Amaunni Lampkin with her dad, Lionel Lampkin.

PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

She will be vie for the national title in the same category at Orlando, Fla. during the week of Thanksgiving.

To help Maur'elle, a "2004 Miss Oregon Sweetheart Queen" sponsorship account has been established at U.S. Bank. Contributions will help to cover advertising, spon-

sor fees and contestant expenses. For more information, please contact her father, Lionel Lampkin at 503-281-7206.

New Seasons Partners with School

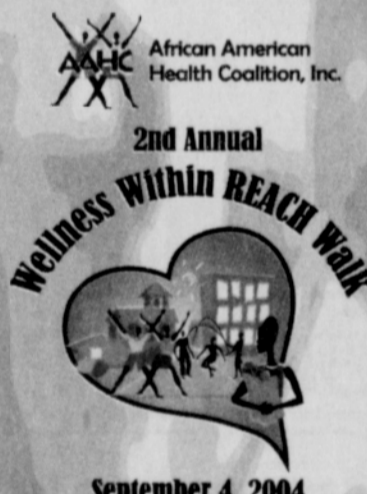
A new barista training program to help at-risk high school students is on its way to north Portland through a partnership between locally-owned New Seasons Market and the nonprofit Portland Oppor-

tunities Industrialization Center, located at 717 N. Killingsworth Ct.

POIC students will operate an independent coffee kiosk adjacent to the future New Seasons Market to be built at North Interstate Avenue

and Portland Boulevard across from the new Max commuter train station.

The coffee kiosk partnership will be the first of its kind and is scheduled to begin when the store opens next year.



September 4, 2004

What

Join us for the 2nd Annual Wellness Within REACH Walk Sat. September 4, 2004! Walk the 1.5 or 4-mile course.

When

Registration & event activities begin at 8:00 a.m. The Walk begins at 9:00 a.m.

For more information

For more information about registration or to volunteer contact the African American Health Coalition, Inc. at 2800 N. Vancouver Ave., Suite 100 503-413-1850, or ayannas@aahc-portland.org

Where

Start and finish at Dawson Park, located at N. Vancouver and Stanton in Portland, OR.

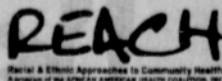
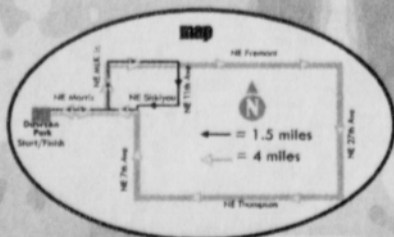
Why

The purpose of the walk is to celebrate our community's health and sustain ongoing free physical activity classes for African Americans in the Portland metro area.

Entry

Entry fee is \$15 per person. Pre-registration is highly encouraged! www.aahc-portland.org

Thanks to our sponsors:



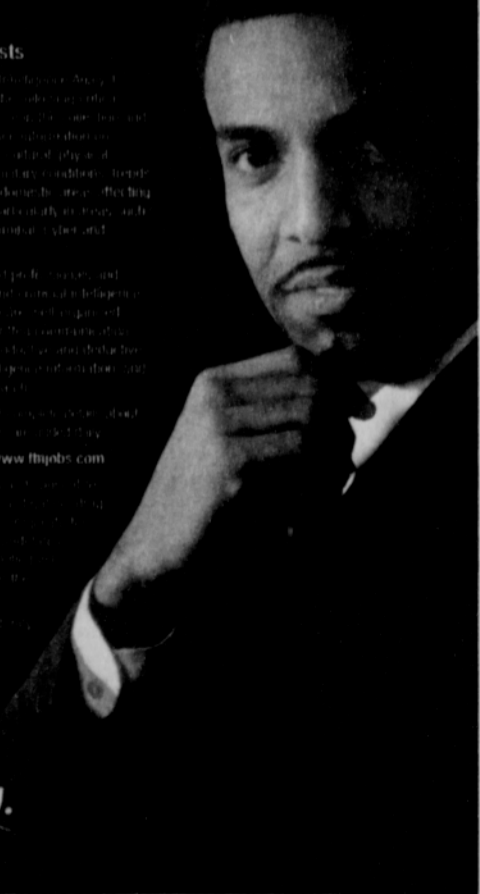
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