

# State of Black Health Address

The African American Health Coalition hosted a Health Disparities Conference this past weekend, addressing health disparities among African Americans, who die at higher rates than white Americans from the leading causes of death.

Keynote speaker Dr. Joy Degruy-Leary discussed Post Traumatic Slave Syndrome, connecting the psychological effects from slavery to current African American health issues.

The conference was followed by free health services during the annual Wellness Village at the Blazers Boys and Girls Club on Northeast Martin Luther King Jr. Boulevard.



Dr. Joy Degruy-Leary addresses the African American Health Coalition, drawing a line between the effects of slavery and modern racial health disparities.

PHOTO BY MARK WASHINGTON  
THE PORTLAND OBSERVER

# Changes Coming to Kaiser Emergicenter

continued ▲ from Front  
"This campus is always in some form of redesign, but I don't think we've taken a deep dive like this in quite some time," he said.

Brokaw said the campus will not outsource their urgent care, as it

tends to cost more money. He would not give word regarding community input, only saying that Kaiser strives to be as transparent as possible. "Everyone is waiting for the partners to at least whittle their choices down," he said.

# Komen Tour Coming to PCC

This year more than 210,000 women and 1,600 men will be diagnosed with breast cancer in the United States. Early detection will be one of the most critical factors in the survival of newly diagnosed patients. Now, help is

on the way. On Tuesday, Oct. 31, the "On the Way to the Cure, Komen on the Go," pink trailer will be on the Portland Community College Cascade Campus, 705 N. Killingsworth St., from 9 a.m. to

3 p.m. to educate students and the community about how to detect and deal with breast cancer.

The stop is made possible by Rev. Renee Ward's Chrysalis Ministries and the Susan G. Komen Foundation.

The PCC Cascade Campus Women's Resource Center is co-sponsoring the event. For more information, visit [komen.org/go](http://komen.org/go) or contact Rev. Ward at 503-548-7537.

# Eliminate Racism Training Offered

YWCA Clark County will be conducting a free training titled "Eliminating Racism: Tools for Cultural Awareness and Personal Action" on Thursday, Nov. 2, from 8:30 a.m. to 12:30 p.m., in the agency's community room at 3609 Main St., Vancouver.

Community members can reserve a spot by contacting Judy Kinsey at 360-906-9103. As the title suggests, this training will focus on how to work individually and collectively toward eliminating the racism that remains

embedded in many aspects of American society. Individual, group and institutional racism will be addressed.

The central thrust of this workshop will be challenging participants to make concrete commitments toward overcoming racism at all levels and in our community.

This training has been made possible by a grant from Hewlett Packard Vancouver and the support of about two dozen YWCA staff members and volunteers.

# Black Panther Reunion

The 40<sup>th</sup> anniversary of the Black Panther Party will be celebrated during a public gathering at Reflections Coffeehouse/Talking Drum Bookstore, 446 N.E. Killingsworth St., on Thursday, Oct. 26 from 6 p.m. to 8 p.m.

The free event will feature an open forum, guest speakers, film clips and local party members.

## Halloween Party at SEI

Self Enhancement, Inc. will host a free Harvest Party on Tuesday, Oct. 31 from 5:30 p.m. to 7:30 p.m. at SEI, 3920 N. Kerby Ave.

This safe and fun option for Halloween features pirate theme. All children through middle school age are welcome.



**Real People, Real Advice**  
An advice column known for its fearless approach to reality based subjects!

### Dear Deanna!

My sister has been a single parent for the past 12 years. I'm worried because she's now dating but not managing her household. My niece and nephew have turned into rude, smart mouthed children and in need of discipline. I've had arguments because I think my sister is choosing a man over her responsibilities. There is no food in the house, her bills are late and the children still haven't met her boyfriend. Am I wrong to get in the middle of this?  
--Cecilia; Tampa, Fla.

### Dear Cecilia:

It's okay to provide support to your sister and her kids but focus on their health and welfare first and your sisters relationship second. These kids didn't become misbehaved overnight and now that a man's in the picture, your sister's lifestyle is more noticeable. Unless there's commitment on the horizon, there's no urgency for the kids to meet their mom's boyfriend. You're respectfully doing the right thing with good intentions and can provide solutions.

### Dear Deanna!

I disagree with teen dating and feel kids shouldn't have dates until they finish high school. All of the young teens in our family are dating and they are all a mess. The girls are going through stress, crying and wearing a lot of make-up. The boys want to be thugs and are going through many girls for the notches

on their belt. I'm viewed as the old maid in the family but my children are stress free because I don't let them date. When is the right age to begin dating?  
--Anonymous; San Bernardino, Calif.

### Dear Anonymous:

With a good foundation teens can successfully have friends of the opposite sex. Regardless of the word dating or relationship, the younger generation needs to learn bonding and social skills as they interact with each other. Juniors and seniors do well with dating because their life skills are becoming sharp and defined. There is no set age, but you need to loosen your strings because when your kids get out there, they may get wild and cause you heartbreak.

### Dear Deanna!

I gave my bankcard to my son's mother for an emergency with an amount of money she can withdraw and then give my card back. Instead of obeying, she emptied my account and refused my phone calls for 2 weeks. Now she's mad because she tried to sue for child support and the dollar amount is less than what I've been giving her. I can't trust her and plan to help with my son, but it's not my fault she'll get less money now. Should I feel guilty about this?  
--M.J. Clark; Charlotte, N.C.

### Dear M.J.:

You've played by the rules and there's nothing more you can do but be the best father you can. The child's mother got what she deserved because she stole money from you which goes against God's commandments thus, Thou Shalt Not Steal. Karma has a way of swinging back and trying to be cute with child support is a game that doesn't need to be played. Consider this a lesson learned and if your child needs money or anything else, do it yourself.

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