

The Portland Observer Established 1970

USPS 959-680
4747 NE Martin Luther King, Jr. Blvd., Portland, OR 97211

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Dr. Billy R. Flowers

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Q: I have a friend who takes her children to a Chiropractor even when they aren't sick. Why would she do this?

A: Actually, there are more reasons for children to see a Chiropractor regularly than there are for adults. First of all, because of their activities in school and out, children naturally take more spills than an average adult. This is one of the most common reasons people bring their children to a Chiropractor. But the best reason of all is so that with regular Chiropractic care,

children can develop a nearly perfect spine. Not only to help them do better in school, but to gain increased strength, health and vitality throughout their adult lives. To find out all the ways that Chiropractic can help your children experience a lifetime of good health, please call us at the number below.

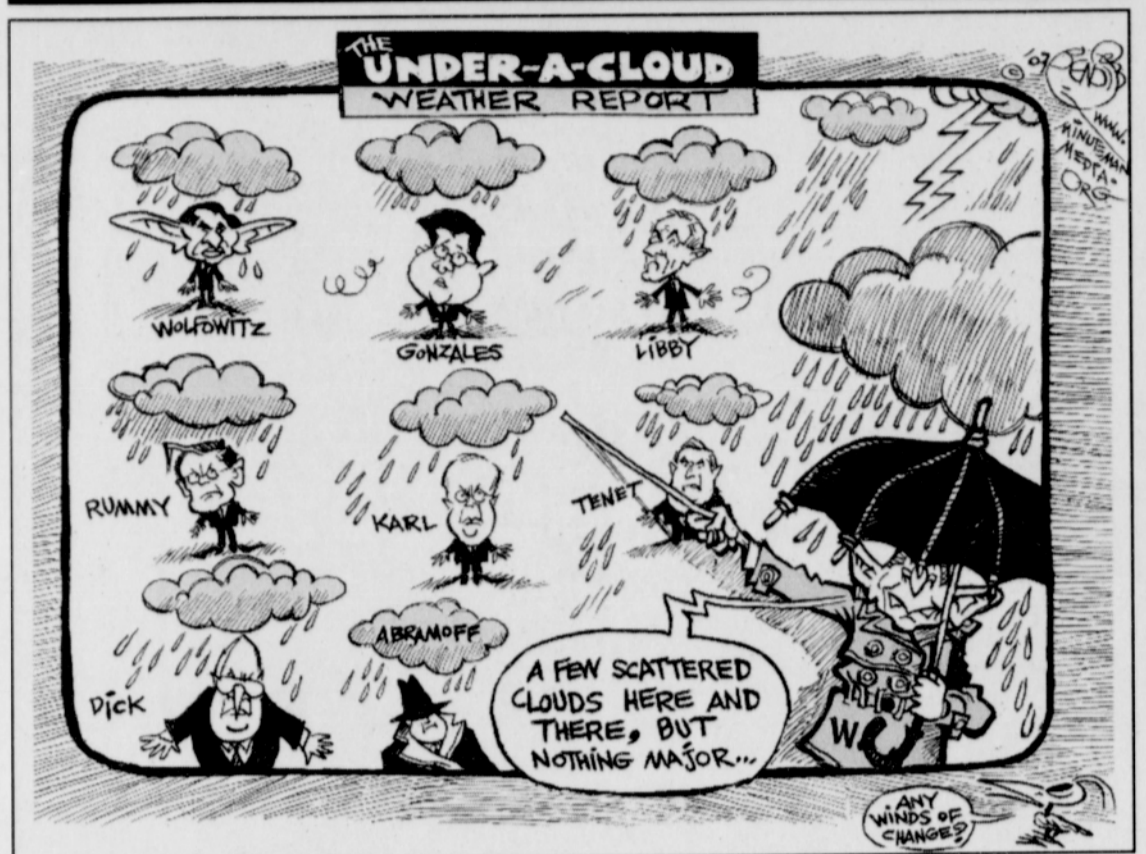
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OPINION

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Moving Our Nation Backward:

To an era before Brown v. Board

BY MARC H. MORIAL

The U.S. Supreme Court is poised to decide on two school-assignment plans used to voluntarily maintain racial integration in Seattle and Louisville, Ky., possibly taking the nation back to the days before Brown v. The Board of Education, the landmark decision that deemed segregated schools unconstitutional because they violated the equal protection clause of the U.S. Constitution.

In the more than 50 years after that momentous ruling which launched the civil rights movement, the United States is still not completely integrated - even in the public schools. But the nation's made some progress, thanks in part to voluntary integration plans in which localities as opposed to federal authorities determine how to prevent schools from re-segregating.

The two cases that prompted the high court's review were filed by two students denied their first choice of schools because their enrollment would upset the racial balance. The plaintiffs contend that

local school officials relied too heavily on race in determining admission.

Should the Supreme Court overturn decisions made by two lower courts, it will establish an adverse precedent that would probably force hundreds of school districts nationwide to revise or even dismantle similar efforts.

That could lead to a mass re-segregation, which is the last thing our nation needs if we hope to close the educational achievement gap that exists between minority and white students nationwide.

In an amicus brief filed with the court in October, the National Urban League argued that "it would be a fallacy to suggest that by not considering race at all - i.e. by ignoring de facto neighborhood segregation - the Seattle School District would somehow be acting in a 'race-neutral' fashion when a return to a school system that does not take race into account would mean that the schools would be distinguished solely by race."

Districts that have implemented "race-neutral" school assignment plans after having used race as a factor have seen reversals in their integration efforts. In the Charlotte-Mecklenburg Schools district in North Carolina, the number of seg-

regated schools jumped from 47 to 97 after the district implemented a race-neutral plan in 2002. The number of schools with more than 90 percent minority enrollment more than doubled.

In 2005, the high court refused to review a similar school-assignment plan in Massachusetts, thanks in part to moderate now-retired Justice Sandra Day O'Connor, who was replaced by the more conservative Justice Samuel A. Alito Jr.

With Alito on board, the court is much more likely to view such programs with a very critical eye.

Ample research has shown that students, especially minorities, thrive in integrated schools compared to their counterparts in majority-minority schools. Diversity is key to helping students - future voting citizens of this nation -- develop core democratic values and an appreciation for a wide range of viewpoints. The more isolated they are from other populations the less likely they are going to tolerate diverse points of view. And that is just a recipe - if taken to extremes -- for political and social upheaval in a democracy that prides itself on being a melting pot.

Marc H. Morial is president and chief executive officer of the National Urban League.

Your rights as a citizen, including the right to run for public office, do not depend on your religious beliefs.

Obama and Romney: No Religious Test Required

BY REV. RON STEIF

I've watched with great interest as the debate has played out in the media over whether Mitt Romney, a Mormon, is electable. Ironically, he may have more in common with Barack Obama than any other presidential candidate, at least in the way his religious affiliation has become a target for political opponents.

Already, Obama has been harshly criticized for his membership in the liberal-leaning mainline Protestant United Church of Christ - and in the interest of full disclosure, it is my denomination.

Some commentators have exhibited a racial insensitivity matched only by their religious arrogance in describing as "un-Christian" the heavy focus on African American community values in Obama's home church, Trinity United Church of Christ in Chicago.

Meanwhile Romney has faced suggestions from evangelical Christians and political pundits that being Mormon makes him unelectable - a perspective only partially supported by the 29 percent in a recent poll who said they are unlikely to vote for a Mormon president regardless of his or her qualifications.

Recent history suggests there may be more religious intolerance on the way. The same ultraconser-

vative Christian leaders who claim that their religious liberty is threatened in America will claim that Obama and Americans who share his generally progressive views cannot be good Christians based on their political positions.

Democratic strategists may also be tempted to exploit religion if Romney is the Republican nominee. A new Gallup Poll shows that 46 percent of Americans have an unfavorable opinion of the Mormon religion in general.

Voters of all political persuasions need to be reminded of a core American value - your rights as a citizen, including the right to run for public office, do not depend on your religious beliefs.

Our Constitution is clear that there can be no religious test for public office. But beyond the legal requirement is the ideal of religious liberty.

It's not clear how all this will shake out. Romney is actively courting Religious Right leaders, and some are speaking out on his behalf because of his newfound opposition to reproductive choice and equality for gay people. But counting on these leaders to deliver the nomination could be a big mistake.

Rev. Ron Steif, an ordained minister in the United Church of Christ, is the California director of People For the American Way.

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