

2009 Diversity in the Workplace

Moving Forward for Justice, Equality

Where do we go from here?

BY REV. DR. LEROY HAYNES JR.

Does the election of Barack Obama to the office of President of the United States of America mean that the dream of Martin Luther King Jr. has been fulfilled? Does it mean that racism has been eliminated in America and the struggle for justice, freedom and equality is over?

There are many who would say that the struggle for civil rights and equality has been won and there is no longer any need for civil rights organizations like the NAACP, Southern Christian Leadership Conference or the Urban League -- that African Americans have arrived -- that the final chapter on racism and the vestiges of Jim Crow has been written. But

is this true?

We must acknowledge that President Obama's election is one of the greatest historical events in American history. It represents the maturing of a great nation to fulfill its destiny in overcoming the horrendous history of slavery, Jim Crow and other injustices.

To many African Americans who lived through the second class citizenship, lynching, church bombings and day-to-day racism that denied their humanity -- the election of Barack Obama as our country's 44th president was a dream that they believed would not happen in their lifetime.

This pivotal event carried the hopes, prayers and dreams of our fore-parents who traveled the middle-passages on slave ships, endured the horrors of slavery on plantations and ex-

perienced the world of American apartheid for another 100 years. Yet, King's dream for America is bigger than any one historical figure, race or achievement.

The struggle for civil rights

racism in America.

This historical moment moves us forward toward creating a just and equal society where people will be judged by their character and not by the color of their skin. Yes! We've

Yes! We've come a long way in America, but there is still some distance to cover

and equality did not stop with the historical passage of the 1964 Civil-Rights Bill and the 1965 Voters Rights Bill. As great as the election of Barack Obama was to the nation and to African-Americans in particular -- as well as other people of color -- it does not fulfill King's dream for a free, just and equal society. Rather, it brings us closer to writing the final chapter on

come a long way in America, but there is still some distance to cover in order to truly fulfill King's dream of the beloved community.

The battle is not over for fair, just and equal rights for people of color and poor people in America. The battle is not over when African-Americans are three times more likely to live in poverty than whites.

The battle is not over when there still is racial disparities between African-Americans and whites in health care; when stark inequities still exist in our educational system; our economic system; and injustice still exists in our criminal justice system and law enforcement.

The recent arrest of the noted scholar and Harvard University professor, Dr. Louis Gates, while entering his own home -- and charged with the crime of "disorderly conduct" is a case that reaffirms that the battle against racism and inequality is not over, but continues. It demonstrates very clearly that even with an African American in the most powerful office in the country, and in the most powerful nation in the world, that no matter how high you climb in your profession or position or up the economic ladder -- you still are affected by racism and inequality in America if you are an African American or a per-

son of color.

Yet, today's battle is not limited to correcting the injustices and inequalities caused by racism in America. We must not only direct the message of social justice to those who continue to perpetuate racism, but we must look internally.

We must battle against the self-destruction of black males, against the crime and violence in our community, against the drug use and drug dealing, against the frequency of teenage pregnancies and fatherless children, against the epidemic of HIV/AIDS.

We cannot afford to neglect either the last vestiges of racism in our society or the self-destructive behaviors within our communities.

The battle is not over.

Rev. Dr. LeRoy Haynes Jr. is the pastor of Allen Temple CME church and vice-president of the Albina Ministerial Alliance.

Harvest Beat to Uplift Lives

Celebrating the power of community

Moving to the rhythm of the harvest beat, the greater Portland community is invited to attend Africa Bridge, a harvest gala to benefit the lives of orphans and children in Tanzania impacted by HIV AIDS.

The event is scheduled Saturday, Aug. 29 at 5 p.m. at Nelson Farms on Sauvie Island, 14825 N.W. Gillihan Rd.

Guests will enjoy an exhilarating night of African music and drumming, an outstanding African-infused harvest dinner by Charles Stilwell of Devil's Food Catering and inspiring messages from Barry Childs, founder and executive director of Africa Bridge.

Obo Addy, a Ghanaian drum master since age six and key originator of the seminal musical movement now known as Worldbeat, will delight the audience with a rhythmically dy-



namic performance.

Sébé Kan (meaning "Serious Sound"), a renowned 11-member West African drum and dance performance troupe, will also enchant guests with their spirited style and showmanship.

Emceed by KINK FM's arts and culture guru, Inessa, the Africa Bridge Harvest Gala will be a night remembered by all who attend as an uplifting celebration of community and African cultures.

Tickets are \$75 and available by visiting africabridgegala.com.

Ghanaian drum master Obo Addy will bring an exhilarating night of African music to 'Africa Bridge,' an Aug. 29 benefit to help the lives of orphans and children in Tanzania impacted by HIV and AIDS.

Community Picnic to Celebrate Cultures

Saturday event at Overlook Park

Our United Villages is hosting an Intercultural Community Gathering on Saturday, Aug. 15 at Overlook Park in north Portland from 11 a.m. to 5 p.m.

"Our hope is that this event will inspire people to celebrate and learn more about the richness of cultural diversity in our community," says Linda Hunter, community outreach manager for the local non-profit community building organization.

The free and family-friendly event will feature interactive villages, cultural sharing conversations, music, food, raffle prizes and opportunities to meet neighbors. There will be several hands-on activities such as playing an instrument, taking a dance lesson, listening to a story and trying on traditional clothing.

Everyone is encouraged to bring a bag lunch and blankets and chairs. Snacks and drinks will be provided. Deejays will spin music from around the world throughout the afternoon.

"We hope that folks will leave this event with more knowledge about how to reach out to neighbors cross-culturally and be more curious about learning and seeking cultural-specific information," says Kate Erickson, a community outreach organizer for Our United Villages.

For more information, visit ourunitedvillages.org.

Career Transitions Program at Mt. Hood

The Mt. Hood Community College Transitions program provides career development and college preparation services to single parents, displaced homemakers and minority and immigrant women. Participants must attend an information session and complete an application to be accepted into the program.

Information sessions, which will include training on how to apply for financial aid and prepare for college entry,

will take place on the MHCC Gresham Campus in the College Boardroom, Room AC2359, at the following times: Monday, Aug. 17, from 10 a.m. to noon; Wednesday, Aug. 26, from 1 to 3 p.m.; Thursday, Sept. 3, from 10 a.m. to noon; and Tuesday, Sept. 8, from 10 a.m. to noon.

The Transitions program offers many services, including peer mentoring and information about accessing financial aid, scholarships and col-

lege and community resources. Students will also learn to research and select career goals and to develop college success skills. Non-native English speaking women who have acquired intermediate English skills are encouraged to apply.

For more information, contact the Transitions program at 503-491-7680, ext. 0, or visit mhcc.edu/transitions. For services in Spanish, call 503-491-6972.

Serving more than 27,000 students each year, Mt. Hood Community College provides students the education needed for the career of their choice. MHCC offers more than 60 associate degrees, certificate programs and transfer options in a wide variety of disciplines.

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Part 33. Osteoporosis and Bone Loss Reversal

Q: I have osteoporosis and now my back has a more "rounded" look. What is this?
A: You might have started to develop a "dowager's hump" or an abnormal outward curving of the vertebrae of the upper back. Bones become brittle with osteoporosis and the upper vertebrae can collapse on each other, causing a rounded appearance.

To help stop and even reverse bone loss:

- Develop good body mechanics through exercises to improve your posture.
- Eat a diet rich in calcium and vitamin D. Your doctor might prescribe a medication to help prevent further bone loss.

- Exercise regularly to help strengthen bones. Talk with a doctor to learn exercises you can safely perform.
- Consult a chiropractor if the curvature of your upper back causes pain or discomfort.

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