

Breastfeeding

continued from Front

something 'extra' you can do, but not necessary," Sasseen added.

Black women are also confronted by bleak images of women who breastfeed. African American women are not shown in television and movies speaking openly about and breastfeeding their babies.

According to Rose Pickett, community health nurse for the Healthy Birth Initiative, many of these women are discouraged not only by society but family as well.

Mothers sometimes misinform their daughters that breastfeeding will hurt. Grandmothers and aunts may want to hold and feed the baby, so they guilt the mother into bottle feeding. Black women tend to feel uncomfortable with their bodies and view breastfeeding as inappropriate. The men in their lives are also uncomfortable, or experience feelings of jealousy.

"If the baby's father is supportive of breastfeeding, the mother is likely to do so and continue," Sasseen added.

Interestingly, breastfeeding was once common among low-income families. Years ago, wealthy families sometimes had wet nurses who breast fed their babies for them.

When infant nutritional formula came out it in the late 1800s it instantly became a status symbol: a luxury item only the well-to-do could afford.

Although the benefits of breast feeding have be-

come better known, and affluent and educated mothers are now more likely to breastfeed their babies, the use of formula is still prevalent.

The national WIC program spends over \$1 billion on infant formula, the largest food cost within the program, according to 2005 figures from the U.S. Department of Agriculture.

In Oregon, 13 percent of mothers supplement breast milk with formula within the first two days of a child's life.

So what can be done to encourage black women to breastfeed?

"African American communities lack role models," Sasseen said. "Knowing your sister, or mother did it gives you the feeling you can do it too."

Shafia Monroe, president and chief executive officer of the International Center for Traditional Childbearing, agrees wholeheartedly.

"Give them more figures who breastfed like Eryka Badu, Lauren Hill, and Jada Pinkett-Smith," said Monroe. "Breastfeeding is God's gift, and a child's right!"

Ollison, who was not breastfed herself, said she didn't know any other breastfeeding mothers when she entered motherhood, but she did have a mentor who encouraged her to breastfeed.

"I think it gives them a better start, they're healthier and more alert," said Ollison of why she decided to breastfeed. "It was just more beneficial, a better decision for me."

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To access the complete job announcement and required application materials, visit our website at www.oregonmetro.gov/jobs and go to the FOTA jobs page or pick up a complete packet at Metro Human Resources, 600 NE Grand Avenue, Portland.

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Street Paving Division Manager

The Street Paving Division Manager has administrative, financial and management responsibilities for the Street Paving division of the Maintenance Operations Group of the Portland Bureau of Transportation. With policy direction from the Maintenance Operations Group Manager, this position is responsible for developing and implementing division goals related to overall group goals and bureau mission. This position requires registration as a professional engineer. Approximate Monthly Salary: \$7,150 to \$9,691. To apply online or for more information, please go to www.ci.portland.or.us/jobs/09-137/09-137.htm

STRATEGIC PLANNING AND TECHNOLOGY SERVICES MANAGER

Under the direction of the General Manager the person in this newly created position will coordinate and manage the strategic planning process and technology services for Salem-Keizer Transit. Specific duties include: assessing strategic issues and facilitating strategic planning discussions; monitoring strategic planning activities; monitoring and analyzing organizational performance tracking data; analyzing information technology needs from a strategic and operational perspective; supervising technology services staff.

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To apply, visit website at www.cherriots.org or call 503-588-2424 to obtain an official application form and a recruitment announcement that provides a more detailed list of essential job functions and qualification requirements. Completed official application form must be received no later than 5:00 p.m. October 30, 2009, at Salem-Keizer Transit, Human Resources Division, 555 Court St., NE, Suite 5230, Salem, OR 97301-3736. No faxes or emails accepted. Equal Opportunity Employer.

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Portland Development Commission Request for Qualifications #09-06 Sustainable Design and Development Technical Assistance Proposals due September 30, 2009 by 2:00 PM (Pacific)

The Portland Development Commission (PDC) is requesting sealed competitive proposals from qualified and experienced firms to provide on-call design review, training, consultation and related services to PDC staff on approaches to sustainable design and development, as well as the financial implications of these approaches. The full RFQ can be downloaded from the PDC website at http://www.pdc.us/login/download_nologin.asp?i=959 or obtained in-person at PDC offices, 222 NW 5th Avenue, Portland, Oregon 97209. **Proposals must be received by PDC no later than the proposal due date and time listed above at the same address where the RFQ can be obtained in-person. Fax or email proposals will not be accepted.** Direct all questions regarding this RFQ to Daniel Spero, 503-823-3291 (voice) or sperod@pdc.us (email). PDC encourages participation of M/W/ESB firms in this and all contract opportunities.

Meeting Notice

The Portland Branch NAACP "Coffee Clutch" is Thursday, September 24, 2009 at 11:30 A. M. in Reflections on NE Killingsworth. Many topics will be discussed.

Remember this is the new Portland Branch NAACP. We need seven (7) committed people to help move this branch forward. Committed means willing to put "words into action". We have heard about history. Now, let's make this branch into an organization that truly demonstrates who we are. Over members have joined so far this year, and there are over 50 life time members. We are moving forward!

Everyone is invited to come, join in the discussions, and help us build "Unity in the Community". If you cannot attend meetings, please show your support by becoming a member of this 100 years old organization. Membership dues are only \$30 annually.

The Freedom Fund Banquet will be held in November. More information will follow.

The Portland NAACP needs you to help change conditions for everyone. The office telephone number is 503.805.8355.

Bishop H. L. Hodge, PhD.
President

REQUEST FOR PROPOSALS HOUSING AUTHORITY OF PORTLAND PROFESSIONAL ARCHITECTURAL & ENGINEERING DESIGN SERVICES FOR HOLLYWOOD EAST APARTMENT UPGRADES RFP 09/09-87

Proposals are requested from qualified professional teams for the provision of design services for the Hollywood East Apartment Upgrades. The Housing Authority of Portland (HAP) will accept Proposals until 2:00 PM, October 2, 2009 at HAP's Purchasing Department located at 135 SW Ash Street, 5th Floor, Portland, Oregon 97204. Proposals should be clearly marked with the respondent's name and address and the RFP title and number.

The Housing Authority of Portland (HAP) proposes to upgrade the existing Hollywood East housing complex located in Northeast Portland at 4400 Northeast Broadway. HAP has received funding for window replacement from Multnomah County's Weatherization Program, and it has applied for a Capital Fund Recovery Competition (CFRC) Grant from the U.S. Department of Housing and Urban Development to provide energy efficiency improvements at Hollywood East. The work contemplated includes window replacement and MEP building systems upgrades. Architectural and Engineering Design Services sought by this RFP are divided into two separate contracts. The initial contract will be for Phase 1 work and will include those tasks related to the building's window replacement and, if necessary, ventilation improvements to maintain building pressurization after window replacement. Phase 1 work will commence upon selection of a design team and issuance of a Notice to Proceed from HAP. The second contract will be for Phase 2 work and will include the MEP building system upgrades. The second contract is dependent on award of a CFRC grant and Notice to Proceed from HAP.

Hard copies of the Request for Proposals will be available beginning September 18, 2009 between 8:30 AM and 4:30 PM at HAP's Purchasing Department, located at 135 SW Ash Street, 5th Floor, Portland, Oregon 97204. Electronic copies are available on the HAP web site: www.hapdx.org. If the RFP is obtained via the HAP website, a required registration form must be faxed to HAP (503-802-8496) in order to be added to the RFP Holders List and to receive addenda.

HAP has established a goal of 20% participation by disadvantaged, minority-owned, woman-owned and emerging small businesses on this project and encourages proposals from interested D/M/W/ESB firms. Disadvantaged, minority-owned, woman-owned and emerging small businesses with an interest in this project are also encouraged to attend the pre-proposal conference.

RFP Contact: Berit Stevenson
503.802.8541
berits@hapdx.org
HOUSING AUTHORITY OF PORTLAND

Issued: September 18, 2009

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HOUSING AUTHORITY OF PORTLAND

Selected Public Housing Waiting Lists to Open Monday, October 12, 2009 until Friday, October 16, 2009

Housing Authority of Portland is pleased to announce that selected waiting lists for elderly/disabled public housing apartment communities will be open to new applicants. Applicants must meet income guidelines and have a head of household or co-head of household that is elderly (62 or older) or disabled to apply for the following waiting lists:

Studio Apartment

Hollywood East, 4400 NE Broadway St.
Northwest Tower, 335 NW 19th Av.
Williams Plaza, 2041 NW Everett St.

1-Bedroom Apartment

Ruth Haefner Plaza, 6005 SW Beav-Hills Hwy.
Schrunk Riverview Tower, 8832 N Syracuse St.

2-Bedroom Apartment - ADA*

Hollywood East, 4400 NE Broadway St.
Medallion Apartments, 1969 NW Johnson St.

*prior to move in applicants must verify they require an ADA unit

Applications will be accepted in person or by mail at one of the site offices above or by fax to 503.802.8488. Mailed applications must be postmarked by October 16 and faxes must be received by 4:30 p.m, October 16.

Applicants must apply using the HAP application form available starting October 12, 2009 on our website at www.hapdx.org or at the site offices. Call the public housing hotline at 503.288.5750 (TTY: 503.802.8554) or visit our website at www.hapdx.org for complete details on how to apply for these selected waiting lists.

