OPINION

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Poor-Performing CEOs Still Wear Silk Shorts

Experts tell us that America's painful recession is "probably over." That's swell, but how's your personal economy going?

If you're not sure, check your underwear. Mintel, an economic research firm, considers sales of men's undies to be a belldowns.

When men are short on cash, claims Mintel, they don't buy new shorts as frequently.

The firm expects men's drawers to drop 2.3 percent this year.

However, you can bet that one small group of men skew the underwear indicator way

economy's ups and who've been named the "High-vices, Comcast Corporation, of his rivals. est Paid Worst Performers of International Paper, and Nabor

> Despite doing a poor job, these executives can still afford Michael Jeffries, for example. to don a new pair of silk shorts Despite a stock price that every day!

pay of 2,000 top executives to cull out these "winners:"

Industries.

Check out Abercrombie's lagged behind other clothing The Corporate Library, a retailers during the past five watchdog group, analyzed the years, Jeffries has a contract that guarantees his pay will always be higher than the com-

Last year, therefore, he pocketed \$72 million in pay, including a \$6 million "stay bonus" to keep him from leaving the company. Come on - why would he ever leave a sweet deal like that?

Sweetest of all though, is the deal that Eugene Isenberg gets from Nabors Industries, an oildrilling company. He is paid not columnist.

the upwards. These are five CEOs Abercrombie & Fitch, BJ Ser- pensation earned by 75 percent on performance, but on a percentage of the corporation's cash flow.

Thus, even though Nabors' stock price plummeted 51 percent last year, Isenberg hit a gusher with \$79 million in pay.

To learn more about executive compensation excess, contact faireconomy.org.

Jim Hightower is a national

Essential Tool of Empowerment

Don't ignore the 2010 Census

BY MARC MORIAL

The 23rd national Census, which will be conducted this spring, is about more than counting the number of people living in the United States.

A complete and accurate census will ensure that your state and community get their fair share of seats in Congress, community services, and more than \$400 billion in funds to local, state, and tribal govern-

Clearly, the 2010 census is an essential tool of economic and political empowerment that we cannot afford to ignore, especially in these tough economic

I understand that some people are skeptical of answering questions from the www.census.gov. Select your government. And since the state on the map provided last census in 2000, we've ex- and then select the "regional perienced the trauma of 9-11 employment" option. and growing concerns about

the Census because the stakes for our communities are so high. You should also know that critical changes have been made in the process to make it easier for citizens to participate.

No one will be asked more than 10 questions. Answering them should take only 10 minutes. And federal law protects the personal information you share.

The Census Bureau will also work with local organizations to ensure we do not have a repeat of 2000 when more than 4 million people-largely in minority, poor, and immigrant communities- were missed.

I feel so strongly about the empowerment potential of the census that in May of this year, I agreed to serve as Chair of the the 2010 Census Advisory Committee, a consortium of 20 national organizations charged with representing the interests of minority and special populations, including people with disabilities and migrant farmworkers.

The Advisory Committee advises Commerce Secretary Gary Locke and Census Bureau Director Robert M. Groves to ensure that everyone will be treated fairly and everyone will be counted.

Another benefit of the census is jobs. Funding to create more than 2,200 jobs across the country was included in President Barack Obama's stimulus

To learn more about census jobs in your area, please click on the 2010 Census Regional Offices link

If you'd like to prepare for the upcoming recruitment effort, But I'm making this early you can also find, download, appeal for full participation in and print the Census Practice

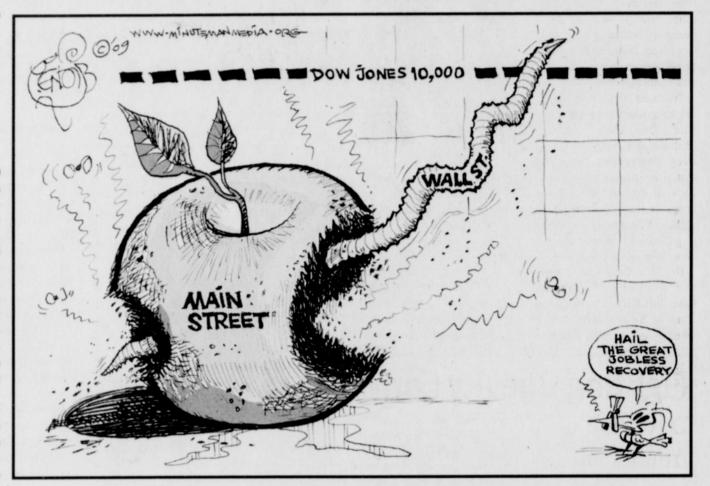
> Finally, with the 2012 presidential election looming, next year's census won't only determine the number of seats each state receives in the U.S. House of Representatives, it will also affect the number of votes states receive in the Electoral

> With a close election anticipated, participation in the census will help to ensure that your vote counts.

> Next April, taking 10 minutes to answer 10 questions could mean tens of millions of dollars and greater empowerment for you and your community. That's an opportunity you don't want to miss.

Marc Morial is the president and chief executive officer of

National Urban League.



Enabling for Failed Policies

In response to Baruti Arthuree's fervent defense of Sen. Ron Wyden and his unusually personal attack on sponse to be more of a constructive dialog rather than a public squabble over my angry black man syndrome: a teachable moment, as they

At first, I could not under- meant no disrespect to his famstand why Baruti was so angry about my challenge to Senator Wyden. But then he explained to me that by writing the article I had insulted his family and company by taking advantage of his personal invitation to an event which was designed to highlight Wyden's support of his business efforts.

Now it all made sense. The meeting with Wyden was staged, not to determine the desperate needs of black businesses, but instead as a media event, photo op, to showcase Wyden meeting

me (Wyden Does Fight for with black businesses and to perficially supporting social Minority Business, Oct. 7 pay him back for his personal programs, while neglecting or opinion piece), I want my re- support of Baruti's family busi- ignoring economic policies that ness. Business owners who attended under any other pretense should know that we were all just props in a scripted play to pay Wyden back. Neverthe-

less, my subsequent article

ily or business, and I apologize

if they interpreted my actions aware that there is no shortage of white controlled black leaders in Portland who are willing to prostitute the misery of black people for their own selfish interest. He also might not understand that some blacks in Port-

land are paid well to distort the plight of blacks by intentionally lumping them in with minorities and white women. For corporate and political interest, some black agents are easily persuaded to disguise and manipulate the data to show false or misleading participation of blacks on projects. And in some circumstances, when it comes to blacks, they withhold the in-

formation altogether.

would make blacks less dependent on those same programs. A key point in this discussion is the fact that my article focused only on black people, while in contrast, Baruti talks about minorities and white women. They are not the same. In this context, his contention about ODOT awarding 59 per-However, Baruti should be cent of stimulus projects to women and minority businesses, if not so serious, would

be laughable. In regards to other assertions Baruti makes, TriMet's success in hiring black people is in fact the result of a very good general manger and in part because a number of angry black men in the National Association for Minority Contractors which sued the agency several years ago. I would challenge anyone to show any documented record of Wyden's effective in-

And with regards to jeopardizing any recovery efforts by holding up federal funding, one should note that blacks have In the case of politicians, they suffered economically in a prosare very good at creating cover perous general economy for for their failed policies by su- years with no outcry from the

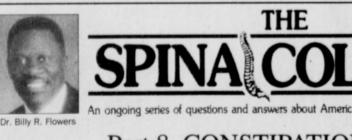
broader community. Furthermore, there is no real evidence that blacks are participating significantly in the current stimuhis efforts.

In that same vein, one of the reasons I focused on the construction industry is because it is area I know something about and where discrimination and racism is most blatant. It is also a clear barometer of the tragic conditions facing most black people in the larger economic

The irony is that many clambering about the angry black man, owe their diversity jobs, offices, positions and consultant contracts to the very existence of these angry black men. Make no mistake, there will be no unity until black people stop getting the short end of the stick, and the politicians, power brokers and their surrogates stop enabling our demise. This is the real source of divisive-

To those who say we must not criticize our public officials, challenge the power structure, or disrupt the status quo, and instead should settle for a few hand outs and social welfare program crumbs, I say that is ridiculous. Most black people believe in their hearts -- No justice, No peace.

James L. Posey Northeast Portland



Part 8. CONSTIPATION: The backing up of body's sewage system.

Nothing has ever really helped my constipation. What can Chiropractic possibly do?

: As a natural form of healing, there is much a Chiropractic and the improved lifestyle we recommend can do to remove the immediate distress and long term health hazards of constipation. But before we begin, you should understand that constipation takes two approaches. The first is the tight, sometimes painful feeling in the lower back area. The second and more insidious type is what we call "hidden constipation." This is when we seemingly move our

bowels regularly, but never com- two, three or even four bowel pletely eliminate everything in movements after the first adour colon (large intestine). This causes the colon to back up and spread toxic poisons throughout the body. This can lead to everything from sinusitis to allergies to arthritis.

Chiropractic can help to alleviate this problem by gently turning nerves back on in the colon and small intestine. It is not uncommon for a patient to have appointment today.

justments on his or her spine. A man with FBSS (failed back surgical syndrome) went home and had 12 bowel movements that night. And he claimed he wasn't even constipated! Whatever questions you might have about health and healing. you'll find that Chiropractic is often the answer. Call us for an

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