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The Portland Observer

October 30, 2013

Check out our full menu: Fish & Grits, French Toast, Catfish, Philly Cheese Steaks, Burgers, Sweet Potato Pie, Peach Cobbler

BREAKFAST SERVED 8 a.m. to 2 p.m.

CAFE AT MIRACLES **Miracles Club Building** 4200 NE MLK Blvd, Portland, OR 97211 971.200.7227

Monday-Friday 8:30am-4pm; Saturday 9am-2pm

Daily Specials: \$7.50

Monday -- Meatloaf, mashed potatoes & gravy and vegetables. Tuesday -- Cooks choice

Wed. -- Babyback Ribs, potato salad, collard greens, cornbread Thursday -- Smothered pork chops, rice & gravy, veggies, roll Friday -- Fish & Chips with coleslaw

> Sides: Collard Greens, Mac & Cheese, Yams, Potato Salad, Red Beans & Rice



HEALTH Sickle Cell Fight Draws Support

After a successful "Sickle Cell Buddy Walk" last month, members of the Sickle Cell Anemia Foundation of Oregon are reflecting on their successes while looking to raise community awareness of the dangerous blood ailment.

Georganne Pierce was the captain of the "Soulful Strutters" relay team at the walk. She said her involvement was personal because the loss of a friend and multiple family members who had succumb to sickle cell.

Another participant named Margaret, lost her husband to the disease.

tive director and founder of the cially when funds afford. Sickle Cell Anemia Foundation of Oregon, says she is very grateful self, Taylor said working with a pri-



Marcia Taylor

events such as the Sickle Cell Buddy Walk to inform and educate the community and to spread the word of her foundation to parents, to be supportive of sickle Pastor Marcia Taylor, execu- cell patients and to help finan- nity."

Afflicted with the disease herfor the community support at mary care physician or hematolo-

gist is the key to handling the disease which affects around 90,000 Americans today.

"This disease is not going away and we really need the support of the community to make our voice heard so that a cure will be found! Treatment helps, such as blood transfusions, which presents its own set of problems, hydration, antibiotics and pain medication, but it is only a band aid," she said.

Pastor Taylor lost her youngest daughter to sickle cell and said, "In honor of my daughter, Ramona, Linda and Terry Mitchell and others, this is my legacy to the commu-

Have you been tested for sickle cell? For more information, or to get involved, call Pastor Marcia Taylor at 503-249-1366.

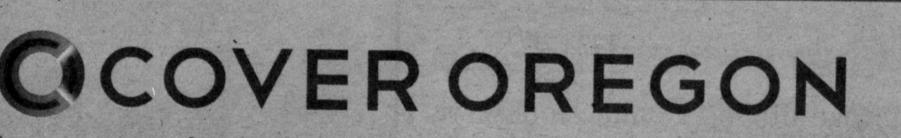
Health Fair on Weight, Diabetes

Legacy Weight and Diabetes healthier lifestyle. Institute will partner with regional experts in hosting a complementary pre-diabetes and weight managecommunity event that will show Portlanders small, practical steps to 11:30 a.m. at Legacy Good Samarithey can take to developing a tan Medical Center, Building 2, First

The event will focus on diabetes, ment and will be held from 8:30 a.m.

Floor Auditorium, 1040 N.W. 22nd Ave.

Guests will enjoy a complimentary, healthy breakfast; win raffle prizes; and collect empowerment tools .



is a new online marketplace where you can shop for health insurance and get financial help. Right now a lot of really nice people, like Cover Oregon certified agents and community partners, are waiting to help you enroll. The best part besides making you feel special? Their help is absolutely free. It's time to get started. Visit CoverOregon.com or call us at 1-855-CoverOR

