The Portland Observer

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Reflecting on the Black Experience

Books all children should read

BY MARIAN WRIGHT EDELMAN

Ι encourage parents, grandparents, aunts, uncles, and adults everywhere to give children the gift of

books. The right book can spark a lifelong love of reading and open at the Children Defense Fund's up a whole new world for a child Langston Hughes Library, assemor teenager.

Children of color and children born with a rich diversity of special characteristics and needs must be able to see themselves in the books they read and be exposed to a wide range of books reflective of encouraging children to develop the nation and world we all share.

The Children's Defense Fund has a special list to share of books that every black child and, in fact, every child should read. They reflect the black experience and reflecting the full rainbow of our children's faces, cultures, and still shapes the present.

from diverse authors and illustrators, including Latino, Native American, Asian American and white characters, those from other countries and cultures and all mixes in between. Giving a book can give a child a chance to understand and step into the shoes of those who share our nation and world.

Theresa Venable, librarian bled the list with the help of other academics representing the African American community. They were chosen for meeting the following criteria:

Giving children a sense of self; positive attitudes about themselves and others; reinforcing a sense of black heritage and black history; providing a platform by which children can learn about and fall in illustrated by Javaka Steptoe love with characters that look like themselves; inspiring children to be the best they can be; assisting needs, including the history that children in seeing the beauty, humor, and strength in their families

The books are part of the Chil- and in others around them; inspirdren Defense Fund's Freedom ing children to seek new ways of Schools programs. They come problem solving; and encouraging pride in African heritage.

Primary Fiction:

• Aunt Flossie's Hats (and Crab Cakes Later) by Elizabeth Fitzgerald Howard Mirandy and Brother Wind by Patricia C. McKissack • Uncle Jed's Barbershop by Margaree King Mitchell • Tar Beach by Faith Ringgold Mufaro's Beautiful Daughters: An African Tale

by John Steptoe

• I Love My Hair!

by Natasha Anastasia Tarpley

Primary Nonfiction:

 Duke Ellington by Andrea Davis Pinkney

Primary Poetry:

• Meet Danitra Brown by Nikki Grimes • In Daddy's Arms I Am Tall **Primary Sing-a-Long:** • Let It Shine by Ashley Bryan

Intermediate Fiction:

• The Watsons Go to Birmingham by Christopher Paul Curtis • Zeely by Virginia Hamilton • M.C. Higgins, the Great by Virginia Hamilton • Roll of Thunder, Hear My Cry by Mildred D. Taylor • Justin and the Best Biscuits in the World by Mildred Pitts Walter • One Crazy Summer by Rita Williams-Garcia • P.S. Be Eleven by Rita Williams-Garcia

• Gone Crazy in Alabama

by Rita Williams-Garcia

Intermediate Nonfiction:

• We Are the Ship: The Story of Negro League Baseball by Kadir Nelson • Heart and Soul: The Story of America and African Americans by Kadir Nelson • Let It Shine: Stories of Black Women Freedom Fighters

by Andrea Davis Pinkney • Voice of Freedom: Fannie Lou

YOU CALL, WE HAUL

Hamer, Spirit of the Civil Rights Movement by Carole Boston Weatherford

Intermediate Poetry:

• Honey, I Love by Eloise Greenfield

Young Adult Fiction:

- The Crossover
- by Kwame Alexander
- Like Sisters on the Homefront
- by Rita Williams-Garcia

 Toning the Sweep by Angela Johnson

Adult Non-Fiction:

• March: Book One by John Lewis • March: Book Two by John Lewis • March: Book Three

by John Lewis

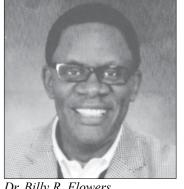
- Brown Girl Dreaming
- by Jacqueline Woodson

All Ages:

• Many Thousand Gone: African Americans from Slavery to Freedom by Virginia Hamilton • The People Could Fly: American Black Folktales told by Virginia Hamilton

THE An ongoing series of questions and answers about America's natural healing profession Part 30 Lower Back Pain and Fear of **Chiropractors** Q: My lower back has been aching for months. But I'm afraid of chiropractors, so I haven't seen a doctor. What should I do? A: Back pain is one of Dr. Billy R. Flowers

the most common medical complaints for people ages 45 to 65. It's also one of the most common reasons people miss work. Fortunately, not many people need back surgery because treatments non-invasive help control most back pain. If you have recurring back pain that makes it difficult or uncomfortable to complete your day-to-day activities, experts suggest you see a doctor who specializes in spine diseases and injuries, and who works closely with other specialties related to



the spine. A chiropractor will first rule out any serious conditions you might have, and then work with you to determine the best way to treat you pain.

То find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, please feel free to call us at the phone number shown below.

Flowers' Chiropractic Office 2027 Lloyd Center Mall, Portland Oregon 97232 Phone: (503) 287-5504

