

**north by
northeast**
COMMUNITY HEALTH CENTER

North by Northeast Community Health Center is the only clinic in Oregon focused on African American health. We provide welcoming, high quality health care to adults who have Oregon Health Plan. Since 2006, our priority has been to serve the local African American community and to reduce the deadly effects of high blood pressure and diabetes. We are accepting new patients, and if you're uninsured, we can help you get covered!

To make an appointment or learn about our services, contact us:

(503) 287-4932 | www.nxneclinic.org

714 NE Alberta St., Portland Oregon 97211

Taking Action against Breast Cancer

Momentum builds for virtual 'More Than Pink Walk'

Janet Long is encouraging her community and others to take action against breast cancer by supporting the virtual More Than Pink Walk on Sunday, Aug. 23 sponsored by Susan G. Komen Oregon and Southwest Washington.

The fundraiser supports breast cancer prevention and treatment, including Komen's outreach to the African American community with its "Worship in Pink" gatherings and events.

For Long, church has become not just a place of worship and community, it's a place to take action to educate, empower and inspire women and men to take control of their breast health.

Worship in Pink is a unique program for congregations of all faiths and community organizations in the Portland metro area to provide the information needed in order to increase the number of women receiving mammograms.

"Any action, big or small can make a difference in someone's life," Long said. "I have been a [Worship in Pink] ambassador since the beginning; we share information about breast health, [encourage attendees] to speak up



Janet Long

when it comes to their body, and [educate them on] the importance of getting a yearly mammogram."

A couple of years ago, for example, Long said a church member who had been attending one of the Worship in Pink events decided to have her annual mammogram, which allowed doctors to detect her cancer early and provide treatment. She is now cancer free.

Taking action is one pillar of four that make up the entirety of Komen's work, the others being research, community and care.

Komen's focus on advocating for more research funding and critical patient protections, educating health care providers, policymakers, opinion leaders and the public about the burden of breast cancer, and empowering patients and the public with fact-based information and guidance, is aimed at giving patients control of their breast health.

The upcoming More Than Pink Walk is Komen Oregon and SW Washington's largest fundraising event of the year. Though participants can't gather in person this

year because of the social distancing requirements of the coronavirus pandemic, the dollars raised through this event are what pay for Komen's important programs like Worship in Pink.

"I have participated in the Walk [aka Race for the Cure] since 2002, [when I] began walking with my daughter and friends in remembrance of the First Lady of our church, who lost her battle with breast cancer; we later signed up as a team from our church," Long said. "The walk not only raises money for research [services, and programs], but it builds relationships, supports survivors, encourages those still battling breast cancer, and [honors] those warriors who lost their battle."

Right now, Komen Oregon and SW Washington stands ready to help those affected by breast cancer with educational programs, screening, gas, food, and lodging, but the organization has experienced a significant decrease in donations since the beginning of the pandemic.

By joining the More Than Pink Walk on Aug. 23, you're taking action and helping to keep Komen's doors open, so they can provide programs and services to people who desperately need them in Oregon and SW Washington, officials said. Register today at KomenOregon.org.

If your church is interested in participating in Komen's Worship in Pink program and you'd like more information, visit komenoregon.org/worship-in-pink/ or contact Kathy Kendrix, Worship in Pink program planner, at WorshipinPink@komenoregon.org or at 503-735-1475.

JESUS Coming Again SOON!!

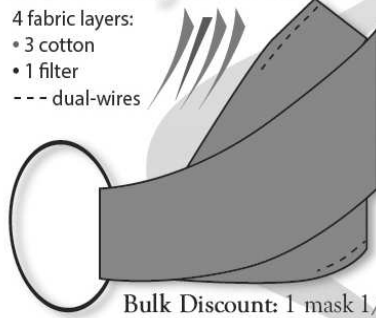


"Dear G-d, Please forgive ALL my sins. I accept Jesus into my heart as my Lord and Savior, Amen"

JesusIsComingAgain@usa.com
PO Box 231023, Tigard OR 97281

Lovecrafts Mask

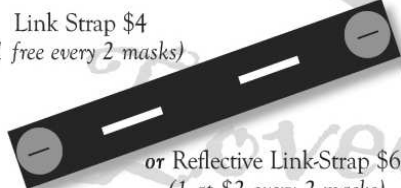
4 fabric layers:
• 3 cotton
• 1 filter
--- dual-wires



- \$10 to \$12 Adjusts to fit most adults and teens.
- Water-resistant, UV-protective outer layers.
- Washable, breathable cotton; plus unwoven filter.
- Pliable wires seal top and bottom tightly.
- Stylish, single pleat; folds neatly when not in use.
- Replaceable loose-sleeved 1/8-inch elastic.
- Filter-insert pocket: filters microbes/pollution.
- Many colors/patterns (contact by email for details).
- Also available in kids size (age 4-12).
- Added heat pressed image/logo (inquire for details).
- For individuals or businesses.

Bulk Discount: 1 mask 1/2 price per 2 purchased or 1 mask free per 4 purchased.

Link Strap \$4
(1 free every 2 masks)



or Reflective Link-Strap \$6
(1 at \$2 every 2 masks)

Adjustable Link Strap:

- All-day comfortable mask wear.
- Buttonholes allow wide range of fit
- Convert mask into sleeping mask for eyes.
- Heavy cotton webbing, soft and breathable.

Contact to order your best masks and accessories: lovecrafts4all@gmail.com

Jefferson Rebuild Proposed

CONTINUED FROM PAGE 3

and finalize master planning and design of Cleveland High School and Wilson High School.

In addition, the bond would pay for new instructional materials and critical technology upgrades, including devices such as laptops, tablets and assistive technology that support both distance and classroom learning. The proposal includes \$33.8 million for improved accessibility for students, staff and other people with disabilities; repairs or replacement of outdated roofs and mechanical systems; and improved seismic safety and school security systems.

The plans for a Center for Black Student Excellence were developed in conjunction with the Albina Vision Trust, a grassroots effort to rebuild a Black

and diverse community near the Rose Quarter that was displaced by decades of Urban Renewal.

In 2012 and 2017, voters in the Portland School District approved capital bonds that funded improvements to other public schools, including rebuilding Roosevelt, Madison, Grant, Lincoln, Benson and Franklin High schools, Faubion Elementary and Kellogg Middle School.

Over the past eight years, the Portland Public Schools bond program has also addressed infrastructure needs at district schools throughout the district, including replacing plumbing to reduce lead, removing or encapsulating exposed lead paint and asbestos and upgrades to fire alarm and sprinkler systems.

For more information about the 2020 School Renewal Bond, visit pps.net/2020bondrenewal.