



COVID Closes Geneva's for Good

May 20 – Paul Knauls and Paul Knauls Jr., owners of Geneva's Shear Perfection, a legacy barbershop and salon located in the heart of Portland's African-American community, announced the closing of their landmark business due to economic losses caused by the coronavirus public health crisis.



Class of 2020: Year Cut Short

June 10 -- The Portland Observer dedicated an entire issue to the Class of 2020, giving voice to graduating students at Jefferson High School who created all of the content with reflections on a school year cut short by the coronavirus pandemic, and their thoughts about a social justice uprising following the police custody death of George Floyd, a Black man in Minneapolis.



Racism at Every Step

May 20 – As Jeremy Christian awaited sentencing for his deadly and racist attacks on TriMet, Demetria Hester, a brave survivor from the violence, told her story to the Portland Observer, saying she wants the community, judge and jury to understand how the legacy of white supremacy impacted the case at every step and continues to feed racism in Portland and the nation.



Vandalism, Arson Hurts Cause

July 8 -- Advocates for Portland's African American community spoke out against the vandalism and arson that has marred many of the protests over unjust police shootings and racial bias in the criminal justice system. "We have to be smart," said Joe "Bean" Keller, a Black father who lost his son to a police shooting in 1996 and who was leading a group to Washington, D.C. for the 57th anniversary of the March on Washington.

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Supporting Oregonians

COPING WITH PROBLEM GAMBLING

It's a Challenging Time, Especially for Those Who Struggle with Gambling
It's no secret that things aren't normal right now. Many of us are dealing with added stress for a variety of reasons and our typical coping mechanisms are more difficult to access or just downright unavailable. While we can all get

outdoors for a breath of fresh air, we're in the rainy season here in Oregon and the days are short and chilly this time of year. Physical distancing further limits our access to our support systems as well as the tried and true things we do to simply feel better. It's not insurmountable, but it sure is an uphill climb some days.

While feeling down or isolated is natural for anyone, it's especially true for those struggling with problem gambling. Without the support systems and predictability of a "normal" day-to-day routine, the urge to bet more than you can afford can quickly become almost irresistible.

Help is Available
Luckily, here in Oregon, help is available. Through the Oregon Problem Gambling Resource

(OPGR), gamblers — and those who love them — can get support from trained addiction counselors, often right from home. Treatment is effective. Professionals are ready and waiting to provide mechanisms to cope and to heal. And, best of all, it's free.

Why Wait?
Most people who get started with OPGR report that they only wish they had done so sooner. The program helps see you through some of the challenges ahead and gives you the confidence and the support structure to feel better. All it takes is a phone call, a text or an online chat to put you on the path toward the calm and the fulfillment you deserve.

For more information, visit
OPGR.ORG
OREGON PROBLEM GAMBLING RESOURCE