

**Wells Fargo Present the  
2015 Good in the Hood  
Music and Food Festival**

**June 26, 27 and 28**

**Lillis Albina Park adjustment to Harriet Tubman  
North Flint St and North Russell St**

LIVE MUSIC: Jazz • Blues • R&B • Latin • Pop Conscious Hip/  
Hop • NEO-Soul • DJ intermission Multicultural Food • Market-  
place • Information Village • Legacy Health Pavilion



**Come meet the Oregon DUCK at the  
Good in the Hood Parade**

**Saturday June 27t, at 11 AM Starting at King School**

**East on 6th Prescott St—South on MLK—West on Russell St**

**Web—wwwgoodNthehood.org GITH hotline 971.302.6380**

**Volunteers needed—volunteers@goodnthehood.org**

**Want to be a sponsor—shawnpenney@goodNthehood.org**

**Festival Participation—goodinthehood29@gmail.com**

## The Week in Review

### Greatest Dribbler Dies

Marques Haynes, the Harlem Globetrotters star often called the greatest dribbler in basketball history, died Friday at age 89. Haynes made the Basketball Hall of Fame in 1998, the first Globetrotter to be so honored. He played in more than 12,000 games, traveling more than 4 million miles for a team that combined dazzling skills, theatrical showmanship and circus antics.



### Lloyd District Shooting

On Monday afternoon Police responded to a shooting around Northeast 11th Avenue and Holladay Street. The shooter shot into a group of men standing at an intersection who quickly dispersed. No gunshot victims were located on scene but witnesses reported that the shooter and three other men ran eastbound on Holladay Street.

### City Hall Conduct Rules Issued Following Outbursts

Following some loud interruptions during recent Portland City Council meetings, the City of Portland has announced that it will begin enforcing its conduct rules. Protestors who disrupt future meetings will be asked to leave, and may receive an expulsion from the open meetings in the future.

### 'No' to Native Caricatures for Athletic Teams

The Oregon Board of Education voted unanimously last week against an amendment that would have allowed schools to continue to use Native American caricatures as mascots for their athletic teams. Native Americans have been asking leaders to ban tribal-themed mascots in Oregon since 2006. Schools that refuse to remove their tribal mascots by 2017 are scheduled to lose state funding.

### Former Officer Found Dead from Suicide

A former Portland police officer who was fired in 2013 for mistaking real shotgun shells for less lethal bean bags in an officer-involved shooting, was found dead beside railroad tracks in Washougal Monday. Suicide was ruled the cause of death. The officer Dane Reister faced criminal charges for the shooting that critically wounded a man in southwest Portland.

### Man Sues after Losing Leg in Garbage Truck Crash

A 57-year-old Portland man who suffered a leg amputation after a garbage truck turned into him in March has filed a \$37 million lawsuit. The lawsuit faults the driver, Eric Arthur McChesney, for allegedly driving too fast, driving a commercial vehicle without a license, failing to obey a traffic-control device and failing to stop and remain stopped for a pedestrian.

### Boil-water Notice Issued in West Linn

West Linn city officials released a notice on Tuesday morning that residents should boil water intended for human consumption, medical use, and personal hygiene. The notice affects approximately 900 homes in the Rosemont Reservoir Pressure Zone and was reportedly caused by a 20-minute lapse in power at a pumping station.

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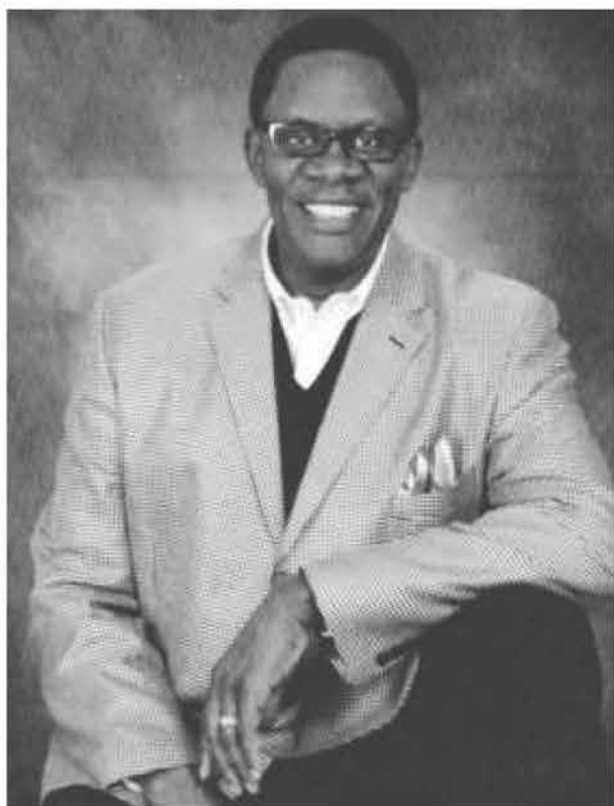
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EDITOR: *Michael Leighton*  
EXECUTIVE DIRECTOR: *Rakeem Washington*  
Office Manager/Classifieds:  
*Lucinda Baldwin*  
CREATIVE DIRECTOR: *Paul Neufeldt*  
REPORTER/PHOTOGRAPHER: *Olivia Olivia*



CALL 503-288-0033  
FAX 503-288-0015  
news@portlandobserver.com  
ads@portlandobserver.com  
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Postmaster: **Send address changes to  
Portland Observer, PO Box 3137,  
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Dr. Billy R. Flowers

## THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

### PART 11. EXERCISE: Does it help low back problems, or only make them worse?

**Q:** A friend of mine showed me a series of exercises designed to help her low back problems. Is it all right for me to use them, too?

**A:** It would be enlightening to know the number of people with qualified back problems (fixation on the spinal joints) who are told they only need to exercise. They are given a brief exam and a sheet of stretching exercises to follow. They are led to believe nothing else need to be done. This is only incomplete therapy, it is also therapy that could

easily lead to very disastrous side effects. When we exercise and stretch muscles without removing the cause of the spasms, it actually forces the body to degenerate faster. You are better off to have done no exercising at all. In Chiropractic, we know the exercise is an important part of health, but only after Chiropractic care has removed the spi-

nal fixations that caused the problem in the first place. Then and only then can the spine be correctly stretched and strengthened without traumatizing muscles and nerves. For a safe, gentle accurate assessment of your spinal situation or for answers to any questions you might have about your health please call our office.

### Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

**Phone: (503) 287-5504**