

## Academic Excellence Awards

Congratulations to Faubion PreK-8 School graduate Chinemerem Amadi as a 2015 recipient of the Presidential Academic Excellence Award.

Chinemerem has maintained a high GPA throughout his middle school years at the northeast Portland school and ends his 8th grade year with a 4.0 GPA. He will attend Jefferson High School in the fall.

Other Faubion students receiving the award were Anna DeMars, Ciera Ellington,

Jayden Henderson, Tristan Hutchinson, Maria Elena Lopez-Tomas, Jennifer Jauregui-Flores, Marcellus Ome and Sarah Steele.

"We are very proud of Chinemerem's accomplishments as well as his classmates who also won this award," a statement from



Chinemerem Amadi

Faubion school officials said. "We sincerely congratulate these students and wish each the very best during their high school careers."

## Sun and Fire: Beat the Heat and Stay Safe

BY OLIVIA OLIVIA  
THE PORTLAND OBSERVER

The 4th of July holiday and the arrival of summer has people eager to break out the fireworks, the barbeque, and start a campfire on their next hike or trip to the beach – but because of an extreme dry spell throughout the Northwest, fire officials are reminding residents to practice important fire safety measures.

"A seemingly harmless sparkler, as well as the bigger combustible devices like rockets and Roman candles, can easily start a fire," said Deb Roy of the Gifford Pinchot National Forest.

Another park officer, Ted Huffman of the Mount St. Helens National Volcanic Monument, urged the public to bring sufficient water into parks and nature areas during summer when it's easy to get dehydrated.

July 4th holiday forest visitors are advised to leave all fireworks at home. The use of fireworks is prohibited on all national forestland, and most other public lands. "Enjoy fireworks where they belong: on the pavement- safely away from houses, vehicles, and flammable vegetation," said Krisin Babbs of Keep Oregon Green.

Temperatures this weekend are expected to hit well into the 90s, which means that people without air conditioning should look for way to stay cool.



Residents are reminded to use extreme caution with fireworks.

Consider visiting the city's cooling stations or visiting local libraries, movie theaters, and shopping malls that can cool down visitors. Anything to stay cool, including showers and baths, closed blinds and curtains, and avoidance of strenuous activity is encouraged.

Authorities are warning the public that heat presents a real danger to those exposed to it for too long.

Residents of Multnomah County can find cooling station locations and other tips to prevent heat stroke by visiting [multco.us/help-when-its-hot](http://multco.us/help-when-its-hot).

The Portland Observer Established 1970 USPS 959 680  
4747 NE Martin Luther King, Jr. Blvd., Portland, OR 97211

The Portland Observer welcomes freelance submissions. Manuscripts and photographs should be clearly labeled and will be returned if accompanied by a self addressed envelope. All created design display ads become the sole property of the newspaper and cannot be used in other publications or personal usage without the written consent of the general manager, unless the client has purchased the composition of such ad. © 2008 THE PORTLAND OBSERVER. ALL RIGHTS RESERVED, REPRODUCTION IN WHOLE OR IN PART WITHOUT PERMISSION IS PROHIBITED. The Portland Observer--Oregon's Oldest Multicultural Publication--is a member of the National Newspaper Association--Founded in 1885, and The National Advertising Representative Amalgamated Publishers, Inc, New York, NY, and The West Coast Black Publishers Association

PUBLISHER: *Mark Washington, Sr.*

EDITOR: *Michael Leighton*

EXECUTIVE DIRECTOR: *Rakeem Washington*

ADVERTISING MANAGER: *Leonard Latin*

Office Manager/Classifieds: *Lucinda Baldwin*

CREATIVE DIRECTOR: *Paul Neufeldt*

REPORTER/PHOTOGRAPHER: *Olivia Olivia*

[news@portlandobserver.com](mailto:news@portlandobserver.com) • [ads@portlandobserver.com](mailto:ads@portlandobserver.com)

[subscription@portlandobserver.com](mailto:subscription@portlandobserver.com)

Postmaster: Send address changes to Portland Observer, PO Box 3137, Portland, OR 97208



CALL 503-288-0033  
FAX 503-288-0015

### Killed in Police Shootout

A man was shot and killed in an officer-involved shooting in the parking lot of a WinCo grocery store on Northeast 122nd Avenue Sunday night. Police said he got a handgun out of a car and pointed it at officers before he was shot and killed. The gun was later determined to be a starter pistol. The results of an investigation will be turned over to the district attorney's office.

### Ruling for Marriage Equality

On Friday, the US Supreme Court ruled same-sex marriage legal nationwide in a landmark decision. The court ruled 5-4 that the Constitution requires same-sex couples be allowed to marry in all 50 states. "No longer may this liberty be denied to them," Justice Anthony Kennedy said.

## The Week in Review

### Affordable Care Act Upheld

On Thursday the Supreme Court upheld the Affordable Care Act in a 6-3 decision in which the justices ruled that insurance tax credits should be available to Americans in all states, even where states did not establish insurance exchanges.

### Orange Line Testing Begins

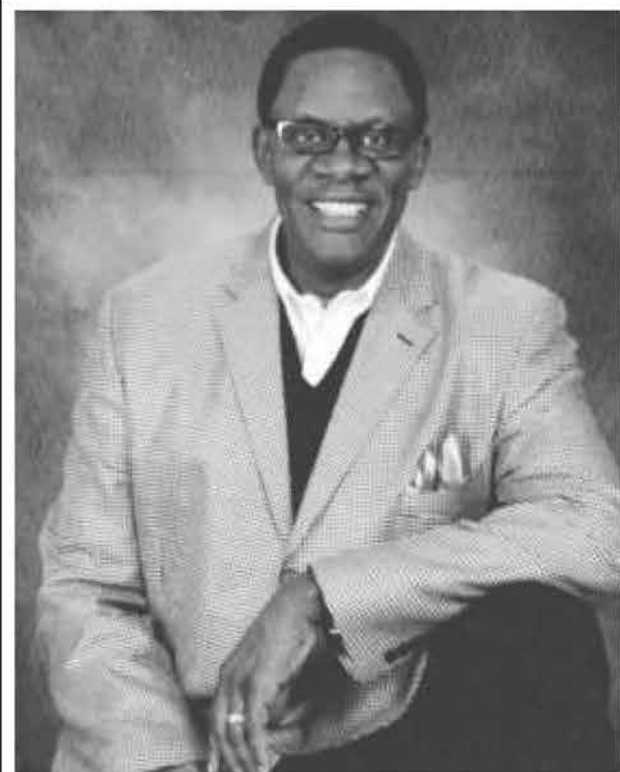
TriMet has started testing MAX trains on the new Orange Line connecting downtown to southeast Portland and Milwaukie. Operators are preparing for the line's Sept. 12 opening. Pedestrians, drivers, and cyclists are reminded to look out for trains and cross with care.

### Donald Trump Fired

On Monday NBC announced that it would be ending its business relationship with Donald Trump. The network won't air the annual Miss USA and Miss Universe pageants which were part of a joint venture with the media mogul. The change comes after Trump disparaged Mexicans as "bringing drugs and crime."

### Confederate Flag in Vancouver

Leaders of Vancouver's NAACP are calling for a local group to take down two Confederate flags near I-5 at Jefferson Davis Park, a memorial to the Confederate leader on private property east of Vancouver. African-Americans across the country demands flag removal since a white supremacist shooter murdered nine people in Charleston, S.C.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 16: Chiropractic VS. Morning Stiffness: A deadly blow to the agony of awaking.

**Q:** I used to be so stiff in the morning I could scarcely tie my shoes. Worst of all I was only 37 years old. Now that's all changed since coming to your office. I'm eternally grateful to you and Chiropractic. I just don't see how it works so well, particularly with-out medication.

**A:** We very much appreciate your kind compliment. It is true that many of our patients do rest better at night and wake up feeling more relaxed and refreshed. Chiropractic

works by taking the stress and irritation off the nervous system. As the nervous system gets well, you will notice that the spine begins to lose the rigid stiff feeling that it had. Muscles can begin to relax because they don't have to work to make the body bend and move. When the nerves are finally as healthy as they should be, the body will reflect that by

being flexible and well rested. If you have had problems with muscle stiffness, trouble resting or if waking up gives you the feeling that you've been through World War II, it's a great time to wake up to the feeling of Chiropractic! Call today for an appointment. Isn't it time you stepped up to Chiropractic?

### Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504