

The Week in Review

St. Mary's Reverses Ban

The St. Mary's Academy board of directors changed their equal employment policy last week to prohibit discrimination based on sexual orientation and marriage, after receiving backlash for withdrawing a job offer to a gay woman because of the Catholic Church's objections to same-sex marriage. In a statement, the board said it wanted to bring its employment policies in line with the high school's mission and beliefs.



Native Name for Alaska Peak

President Obama announced on Sunday that Alaska's Mount McKinley will be renamed Mt. Denali to restore an Alaska Native name with deep cultural significance to the tallest mountain in North America. The move came as Obama visits the state to promote action to combat climate change, and is part of a series of

steps to address the concerns of Alaska Native tribes.

Street Murals Promote Art

The Portland non-profit group Forest for the Trees brought 29 artists together in the past few days to create a series of 19 street murals promoting public art. The group has released images on twitter through #ffttnw for those who would like to discover the new works scattered across Portland.

Man Charged with Luring Girl

A Multnomah County grand jury indicted a man for attempted rape and for multiple sex abuse charges involving a 10-year-old girl. Michael Bowen, 22, plead not guilty to the nine-count indictment that accused him of having lured the girl into having sex with him earlier this month.

Suspect Pleads Not Guilty

A man accused of being involved in a May shooting in northeast Portland and wearing a ballistic vest while driving through the city pled not guilty Monday. Billy Troy Ballastressi, 56, is charged in connection with the critical wounding of Tyroni Deshawn Burns, 39.

Wildfires Respond to Rain

Firefighters took advantage of lower temperatures, higher humidity, and slack winds to make progress on the worst fire burning in eastern Oregon. The weather changes allowed crews to reach areas of the Canyon Creek Complex fire that previously been too hot or too dangerous.



PHOTO BY JUSTIN NORTON-KERTSON

Ibrahim Mubarak, co-founder of downtown homeless camp Right 2 Dream Too, protests at City Hall Friday demanding an end to sudden street sweeps that target homeless and unsheltered Portlanders.

Protest for Rent Control and Higher Wages

BY OLIVIA OLIVIA
THE PORTLAND OBSERVER

Activists demanding rent control and higher living wages converged on Portland City Hall Friday, marching across the Hawthorne Bridge and bringing traffic to a standstill. Activists from 15 PDX Now, an organization pushing for a \$15 minimum wage in the city, along with renters hoping to secure city assis-

tance in stopping an exponential rise in Portland rents, carried signs showing solidarity with Black Lives Matter and other social justice movements.

Currently, Portland is reported to be the fastest gentrifying city in America, with many of its neighborhoods seeing people not being able to afford higher costs for housing. The local African-American population has

been bearing the highest brunt of the housing crisis.

According to a Multnomah County survey released in June of this year, there has been a 48 percent increase in unsheltered African Americans from 2013 to 2015. Activists at the rally noted that these vulnerable populations are just the beginning of a major crisis for working class Portlanders.

The Portland Observer

Established 1970

USPS 959 680

4747 NE Martin Luther King, Jr. Blvd., Portland, OR 97211

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

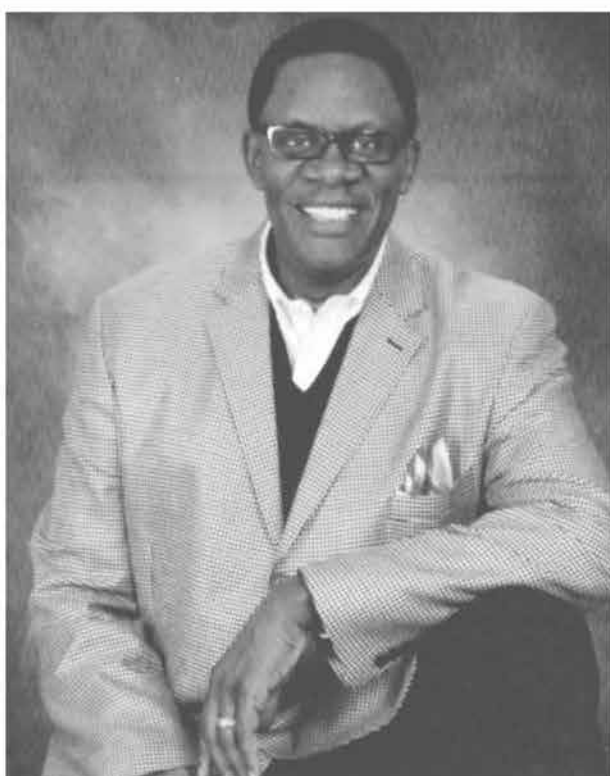
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CALL 503-288-0033 • FAX 503-288-0015

news@portlandobserver.com • ads@portlandobserver.com • subscription@portlandobserver.com

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

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Dr. Billy R. Flowers

THE SPINA COLUMN™

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Part 25. Chiropractic and Fitness: The way to wellness in the eighties

Q: I continue to hear that diet and exercising are helpful in maintaining a strong body. But where do I begin? There is so much literature and when I ask my doctor he seems unconcerned. How can I get started?

A: A good way to begin is with the basics. Since 1895 Chiropractic has been the leader in teaching the basics of health to our society. Good health must include proper nutrition. A general rule of thumb is that foods high in fiber are best for you.

Limit your meats and refined foods as well as alcohol. Get plenty of exercise. For most people it only takes an hour or so a week to stay fit. Walking at a brisk pace with good arm swing is excellent. Rest is paramount. Everyone feels better after a good nights sleep. In Chiropractic, we will often recommend relaxation exercises as well. Have a joyful spirit. Scientists know now that our attitudes actually

affect our entire chemistry. Finally, always keep a healthy nervous system. Chiropractic is especially suited for understanding the effect of stress on the nervous system and how to eliminate it. Total fitness can be only a call away and worth so much more than just another pain prescription. Isn't it time you stepped up to safe effective Chiropractic?

Flowers' Chiropractic Office

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