

SPORTS

ROSE CITY SHOWCASE
 PORTLAND, OR

NIKE

FRIDAY JUNE 10TH - 12TH
LEWIS & CLARK COLLEGE
 0615 SOUTHWEST PALATINE HILL ROAD, PORTLAND, OR 97219

HOSTED BY
DJ O.G. ONE
 (PORTLAND TRAILBLAZER DJ)

www.rosecityshowcase.com

SLAM, EMBASSY SUITES, and other logos at the bottom.

Lillard Earns All-NBA Honor

Portland Trail Blazers guard Damian Lillard has been named to the All-NBA Second Team, making him one of the top 10 players in the league.

Lillard, 25, averaged a career-high 25.1 points this season, just the fourth Trail Blazer in franchise history to average more than 25 points per game. He also produced a career-best game average of 6.8 assists and 4.0 rebounds over 75 games.

In his fourth NBA season, Lillard finished sixth in the NBA in scoring and tied for eighth in assists to become the first Portland player ever to rank in the top-10 in both categories. He also became the franchise leader in three-point field goals, and his 229 three-pointers in 2015-16 broke



Portland guard Damian Lillard has been named All-NBA for the second time in his career.

his previous franchise record for the most threes made in a single season. Last week's award was the second All-NBA honor for Lillard after being named to the Third Team in 2013-14.

Jefferson Relay Team Pride

Jefferson High School's boys 4X100 Relay team comprised of Mason Williams, Nashon Jefferson, Jeffrey Ward and Romeo Akil.



ASCENSION WELL BODY & FITNESS

15 JUNE 6:30PM - 8:30PM

Well Body WEDNESDAY

The Thought Detox
 Breaking Free From A Negative Thought Life
 with Sharon Blake

GUEST SPEAKER: **SHARON BLAKE**

Ascension's Well Body Wednesdays are to encourage you to approach your health and wellbeing holistically. This simply means thinking about and taking care of your mind, body and spiritual needs. June's wellness dimension is **Mental Health!**

Welcoming guest speaker Sharon Blake, CEO of Life Chronicles Publishing and Best-Selling Author presenting her book, "The Thought Detox: Breaking Free From A Negative Thought Life". To learn more about Sharon and how she is walking in her purpose please visit www.mylifechronicles.org

This event is open to the public. A \$5.00 donation is suggested.

Questions? Please email: zay@ascensionwellfi.com

Alma Education & Movement Space 12335E Stark St, Portland, OR 97222 | www.ascensionwellfi.com

TMAR ENTERTAINMENT PRESENTS

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 T B's Barbershop 1330 NE Alberta 97211 503-460-0348
 \$65 VIP \$50 general admission hope to see you there

BY CERVANTE POPE
 THE PORTLAND OBSERVER

Congratulations to the boys 4X100 Relay team at Jefferson High School for a successful season by pushing themselves to the limit.

Despite a fair share of strife amidst changes in the lineup and two members dealing with sick parents at home, the team banded together runners Mason Williams, Nashon Jefferson, Jeffrey Ward and Romeo Akil to qualify for both the Portland Interscholastic League and the 6A state track and field championships.

The team out ran both Grant and Wilson to make it to state, but it was close. Jefferson's 43.93 seconds time was better than Grant's 43.97 seconds, but it tied with Wilson, making track officials get down to the brass tacks of milliseconds. Looking at the times at hundredths of a second, the Democrats ending time was 43.924 seconds to Wilson's 43.929 seconds.

The state championships were held on May 20-21 at the University of Oregon in Eugene and the Jefferson team ran a relay time of 44.63 seconds, placing them in 8th place for their first heat. The finish was short of a title, but still a great accomplishment.