

Gun Waver Banned

Michael Strickland, the videographer who was arrested at a Don't Shoot Portland rally July 8 for brandishing a gun on protesters, has been banned from two local institutions.

Both Portland State University and Portland Community College announced last week that Strickland will not be allowed on any of the institutions' campuses in the future. PCC's ban is infinite with the possibility of appeal, while PSU's will only last for two years.

Strickland is being held on a \$250,000 bail for two felony counts of unlawful use of a weapon.

PSU Public Safety Chief Phil Zerzan said in a statement that Strickland's ban was a direct reaction to his recent arrest.

PCC spokeswoman Kate Chester stated that Strickland has attended many events at the college's different campuses, including making the rounds in April during PCC's Whiteness History Month, where he filmed



Michael Strickland

and made his presence known, causing concerns from others but never posing a direct threat.

She said the ban was prudent because "the overall temperature" at PCC was a concern.

Recruiting for Black Leaders

The Portland African American Leadership Forum (PAALF) is recruiting participants for its highly successful leadership academy.

The year-long training program addresses the personal, cultural, civic and professional needs of emerging African American leaders in Portland who hold a lifelong commitment to fighting for racial justice and creating lasting change in the black community.

An information session about the program will be held on Thursday, July 21 at 5:30 p.m. at the Center for Self Enhancement, 3920 N. Kerby Ave.

Applications are available at goo.gl/forms/uJkUb5Cxfus7fz23. The deadline to apply is Aug. 5.

For more information, you can also contact Lakeith Elliott at PAALF by email at leadership@paalf.org or by phone at 503-548-1416

The Week in Review



Melania Trump Speech Backfires

Melania Trump has come under fire for delivering a speech on the first night of the Republican National Convention that appeared to copy portions of Michelle's address to the Democratic National Convention in 2008. Donald Trump's campaign denied allegations of plagiarism.

Officer Targets Black Lives Matter

Police officer Tom Newberry of West Linn was placed on leave Thursday for an investigation into reports he made flagrant statements against the Black Lives Matter movement on social media. Some of the posts implied violence, such as driving through BLM protests as "target practice."

Civil Rights Suit Filed

Former spokeswoman for former Gov. John Kitzhaber, Nkenge Harmon Johnson, the current executive director of the Urban League of Portland, filed a federal civil rights suit against Kitzhaber and former First Lady Cylvia Hayes on Friday, claiming she was fired after express-



ing concerns that Hayes was improperly asking her to mix campaign roles with her official state duties.

Bastille Day Attacks

Mohamed Lahouaiej Bouhlej plowed through a Bastille Day celebration in Nice, France on Thursday night with a white cargo truck and automatic pistol, killing 84 attendees. France's investigation into Bouhlej revealed he had researched the attacks in Orlando and in Dallas before carrying out his plan.

Officers Killed in Baton Rouge

Gavin Long, a 29-year-old black separatist, bombarded gunshots on Baton Rouge police Sunday, killing three and injuring three more. He posted many videos and writings online under the name "Cosmo Setepenra" encouraging people to "fight back" against police. One of his victims was African American.

Police Can Help Not Arrest

Portland is joining a few other cities partaking in a program that allows police to offer help to those holding small amounts of cocaine, heroin or meth, without a criminal charge. Under the Enforcement Assisted Division (LEAD) program, the discretion to charge would be up to the officer, according to the Mercury.

Springwater Corridor Cleanup

Mayor Charlie Hales announced Friday the city's plan to rid the Springwater Corridor of its homeless camps. The plan began Monday the 18 with social service provider outreach sweeping the trail to offer as much assistance as possible, with a clearing of trash and belongings happening on Aug. 1.

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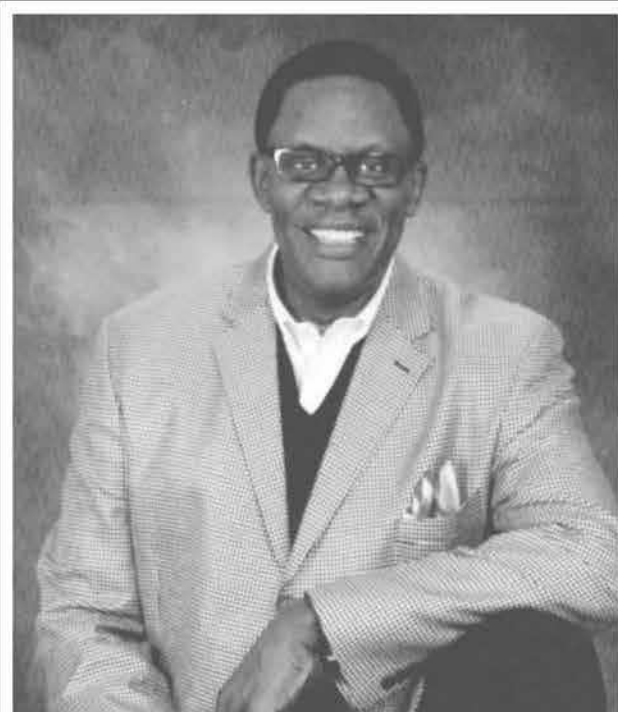
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A: You might have started to develop a "dowager's hump" or an abnormal outward curving of the vertebrae of the upper back. Bones become brittle with osteoporosis and the upper vertebrae can collapse on each other, causing a rounded appearance.

To help stop and even reverse bone

loss:

- Develop good body mechanics through exercises to improve your posture.

- Eat a diet rich in calcium and vitamin D. Your doctor might prescribe a medication to help prevent further bone loss.

- Exercise regularly to help strengthen bones. Talk with a doctor to learn exercises you can safely perform.

- Consult a chiropractor if the curvature of your upper back causes pain or discomfort.

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