

Springwater Backlash

Homeless sweeps causing strife

Mayor Charlie Hales' calculated removal of the expansive homeless camps enveloping the Springwater Corridor in southeast Portland caused some strife over the weekend between residents of the camps and adjacent neighborhoods.

Community advocates and organizations including Portland Tenants United, Boots on the Ground PDX and Right 2 Dream Too rallied to support the campers on Sunday and discuss their next line of action in the days approaching a deadline to move.

The process of the forced eviction began on July 18 with social service providers attempting to connect with Springwater residents on a service level, according to

the press release from Mayor Hales' office. Cleanup will be "formerly" posted on July 29, with the removal of tenant property to take place on Monday, Aug. 1.

Portland Tenants United organizer Gabriel Erbs stated in a press release that the corridor is home to 500 residents at its fewest, making it the largest in the country.

Austin Rose, another organizer with Portland Tenants United, mentioned that many of the residents living along the corridor were residents of its surrounding neighborhoods, making the homeless versus homeowner rift in the area even more disheartening.

Homeless advocates were planning a strategy for the rest of the week to ensure preparedness if Mayor Hales makes good on the evictions, but did not share their plans with media or the general public.

Few Options after Racist Post

Both the Mt. Hood Community College Board and leaders of Oregon's Republican Party are left without many options after calling out current MHCC board member and state representative candidate George "Sonny" Yellott for racism.

Yellott, who is mid-term on the college board and running as the Republican candidate for House District 48 in November, has rejected calls to resign and drop out of his upcoming election for posting a recent photo on his personal Facebook page depicting President Obama with a noose around his neck underlined with the words "The Making of a National Holiday."

He also came under fire a couple weeks ago for misusing MHCC board meeting time to discuss individual



George 'Sonny' Yellott

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The Week in Review

TV Icon Tom Peterson Dies

Beloved Portland businessman and TV icon Tom Peterson died Monday of complications related to Parkinson's disease, his family said. He was 86. Peterson was known for his memorable commercials, trademark haircut and appearances in several movies.



All Star Game Relocation

The NBA decided Thursday to move its 2017 All-Star Game out of Charlotte, N.C. because of its opposition to North Carolina's anti-discrimination protections for gay, lesbian and transgender identifying people. A new location has yet to be chosen.

DNC Chairwoman Resigns

Debbie Wasserman Schultz, a Democratic National Committee chairwoman and Congresswoman from Florida, has resigned from her post following a series of leaked emails showing support of Hillary Clinton despite pledging neutrality.

Former KKK leader Runs

Convicted felon and former Ku Klux Klan leader David Duke announced Friday that he'll be running for office again, this time for U.S. Senate from Louisiana. In his announcement video, he tied his campaign to Republican presidential candidate Donald Trump, saying "I'm

overjoyed to see Donald Trump and most Americans embrace most of the issues I've championed for years."

Trump Gets GOP Nomination

A few technical difficulties and lack of an endorsement from former candidate Ted Cruz didn't stop Donald Trump from officially accepting the Republican Party's presidential nomination on Thursday night. He will now go against Democratic nominee Hillary Clinton in the November election.



Teens Shot in Florida

A shooting took place around 12:30 a.m. on Monday at a nightclub hosting a teen party in Fort Myers, Fla. It's unclear why the violence broke out, but a 14-year-old and 18-year-old were killed and 17 others between ages 12-27 were wounded.

Highway Kidnapping Hoax

Oregon State Police spent most of Sunday trying to solve a kidnapping case where witnesses reported a man being thrown or falling out of a moving vehicle. That man was identified as John McPhail of Camas, who admitted it was a stunt to get money out of his mother. The hoax failed and no money was received.

Bomb on Lake Floor

A team of law enforcement agency divers gathered at Wallowa Lake Friday to remove and safely detonate a pipe bomb from the lake's floor. Off-duty search and rescue officers first discovered the pipe bomb, which according to Wallowa County Sheriff Steve Rogers, was likely placed there by teenagers.

The Portland Observer

Established 1970

USPS 959 680

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

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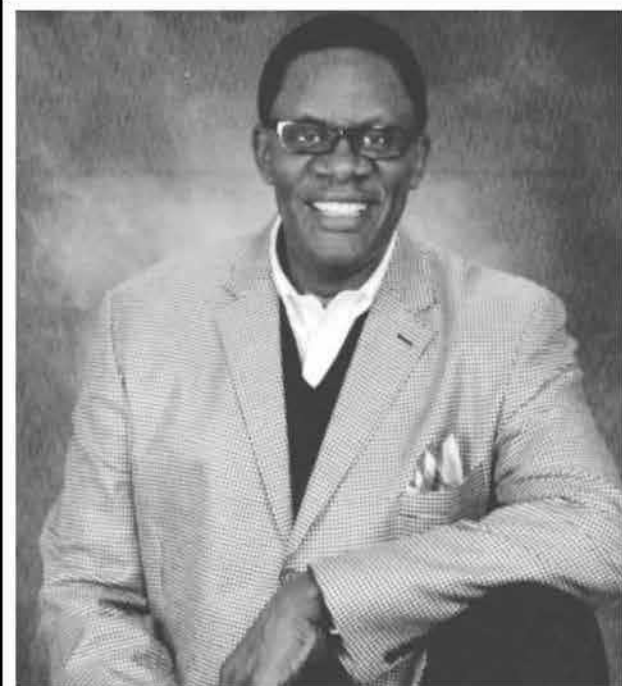
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Q: Could my golf swing hurt my back?

A: People who exercise regularly and perform stretching and strengthening exercise are less likely to injure their backs. Their supporting muscles, such as their stomach, hamstrings, and gluteals are stronger and more flexible from regular conditioning.

However, people who play golf or racquet sports are more prone to injuries because of the frequent twisting and bending motions. And casual athletes could be more at risk for injuries as well; depending on their level of

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