

The Portland Observer

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

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Dishman Pool Closure

Remodeling sees pool closed for rest of summer

Matt Dishman Community Center's indoor pool and spa will be closed for eight weeks starting August 13 for remodeling and repairs.

The project, funded by the Parks Replacement Bond, will

Matt Dishman Community Center indoor pool (courtesy of Portland Parks and Recreation).

start as part of the community center's annual two week maintenance shutdown and will include resurfacing the pool and fully replacing the leaking spa, which seeps about 1,000 gallons of water a day according to Portland Parks and Recreation press release.

Matt Dishman Community Center will reopen after two weeks, though the pool is expected to reopen sometime in mid-October.

The Week in Review

Obama Commutes Inmates

In a bold and unprecedented move, President Obama granted clemency to 214 inmates on Wednesday, setting a record for the most inmates freed in one day. The effort is part of the administration's attempts to abate unjustly harsh prison terms for federal inmates.

Lotus Cardroom Closing

The historic Lotus Cardroom and Café announced Wednesday that it will be closing August 20 after 92 years of business. Taking its place will be a boutique hotel. An auction of the cardroom's décor will be held on the last business day with proceeds going to the Oregon Historic Society. The Lotus will not be reopening at another location.

Startup on the Moon

A breakthrough decision by the U.S. government Wednesday has granted permission for a non-government body to land on the moon. Private startup company Moon Express plans

to make the trip in 2017 with a small spaceship carrying commercial cargo and experiments.

Trump Coming to PDX

News broke Thursday that Donald Trump will be stopping in Portland in late August as part of a fundraising tour along the West Coast. He'll be making stops in California before coming through town on his way to Seattle August 29-31. Reports claim Trump is adamant about winning Oregon.

Comedian Running Hood to Coast

Funnyman and now movie star Kevin Hart announced on his YouTube channel Friday that he will be running in Oregon's Hood to Coast relay race. The 198-mile run spans from the active volcano Mt. Hood all the way out to the coastline. The race begins August 26.

Weekend of Shootings

Four shootings took place in East Portland Saturday and Sunday, all of which are still

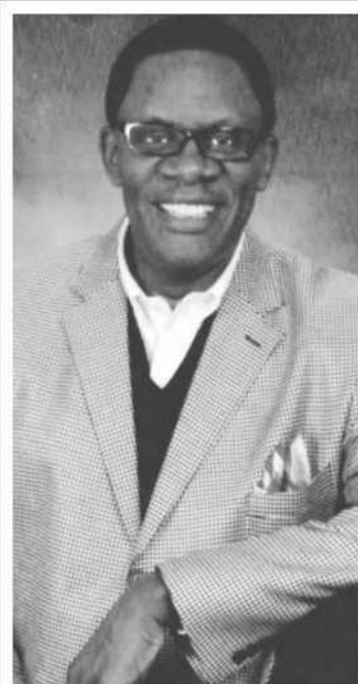
under investigation. Police responded to multiple gunshots fired at NE 9th and Holman around midnight Saturday, then again around 3:20 a.m. at NE 22nd and Glisan. East Precinct officers also arrested a man for firing shots just after 4 a.m. at Mr. Hookah café at 14919 SE Stark, and a homicide by gunfire also occurred late Sunday on NE 81st.

PPS Hid Lead

Emails released Monday show that Portland Public Schools, well aware of the lead tainted water in their buildings as early as 2012, decided not to put warning signs up on water fixtures in schools for fear that people would panic. A district communications employee at the time tried to label the sinks, but was told by top officials not to do so.

NoPo Motel Death

Motel staff discovered a man in his 50's dead inside a room at the Super Value Inn located off North Interstate and Killingsworth Monday afternoon. Sgt. Pete Simpson said the death is suspicious and that homicide detectives will investigate.



Dr. Billy R. Flowers

Q: What age groups can a chiropractor help most?

A: This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

Infant and Young Children

Other mothers are often amazed

to see a mother carrying her infant out of the adjusting room. And yet, since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care.

Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, their irritability is often a sign of the need to be checked.

Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our society develop scoliosis (curvature of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren't creating spinal problems they'll have to live with the rest of their lives.

Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition,

most adults breathe in polluted air, drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffer minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

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