

**The Portland Observer**

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

The Portland Observer welcomes freelance submissions. Manuscripts and photographs should be clearly labeled and will be returned if accompanied by a self addressed envelope. All created design display ads become the sole property of the newspaper and cannot be used in other publications or personal usage without the written consent of the general manager, unless the client has purchased the composition of such ad. © 2008 THE PORTLAND OBSERVER. ALL RIGHTS RESERVED. REPRODUCTION IN WHOLE OR IN PART WITHOUT PERMISSION IS PROHIBITED. The Portland Observer--Oregon's Oldest Multicultural Publication--is a member of the National Newspaper Association--Founded in 1885, and The National Advertising Representative Amalgamated Publishers, Inc, New York, NY, and The West Coast Black Publishers Association

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/Web Editor:  
*Cervante Pope*  
PUBLIC RELATIONS:  
*Mark Washington Jr.*



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

**Former PSU President Dies**

Former Portland State University president Daniel Bernstine passed away last week at the age of 69. Bernstine served as the university's president from 1997 to 2007 and was the school's first and only black president. His cause of death is not yet known.



**Black Lives Matter Protest**

Hundreds came together Friday for a Black Lives Matter protest that spanned across the city. The march, a response to recent shootings in Charlotte, N.C. and Tulsa,

**The Week in Review**

Oklahoma, started in northeast Portland and made its way through Lloyd Center and City Hall, downtown, where protestors demanded to speak with Mayor Hales. The entire march was closely followed by riot police.

**Deadly Mall Shootings**

Five people were killed Friday when a man when on a shooting rampage at the Cascade Mall in Burlington, Wash., and then on Monday, another shooter at a strip mall in Houston was shot dead by police after injuring nine people in a spray of bullets. The Houston at-

tack was said to be out of anger he had for his law firm. He had Nazi paraphernalia on his person and in his home.



**Golf Legend Palmer Dies**

Considered the king of golfing, professional golfing great Arnold

Palmer passed away Sunday at the age of 87. At the time of his death, Palmer was at a hospital in Pittsburgh waiting to receive cardiac surgery, according to a statement released by his company.

**Cycling for Support**

A mass of local bikers joined a "rolling rally" Sunday in support of Patricia Garner, Foia Frazier and her three boys. The northeast Portland family had been attacked with bear spray in a racially motivated crime by a cyclist earlier this month, police said. Once the rally was over, participants presented a handwritten sign of support outside the family home.

**Columbia Tugboat Sinks**

A U.S. Coast Guard official said an 82 foot tugboat sank in the Columbia River Sunday night, causing oil to spill into the river, but there were no reports of oil affecting wildlife or hindering navigation. The tugboat was privately owned by Clay Jonak, who had intentions of scrapping the vessel for parts.



**Clinton Trumps Debate**

The first of the 2016 Presidential Debates was held Monday and revealed a fairly shaken Donald Trump and relatively calm and rehearsed Hillary Clinton. Topics ranged from Trump's not paying taxes to Clinton's deletions of emails as moderator Lester Holt tried to keep everything on track. According to most reports, Clinton won the debate. Because of persistent sniffles, Trump was accused of being on cocaine by former Vermont Gov. Howard Dean.

**Salutes Minority Business**

**Alberta Street Market**

909 N.E. Alberta Street

503-282-2169

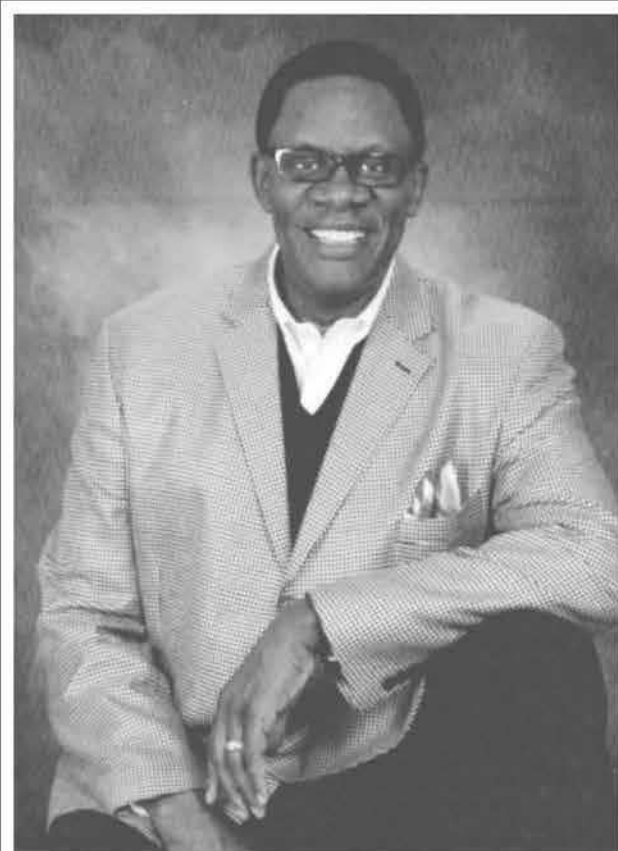
★ Hot Food ★

★ Best Chicken Wings In Town ★

Best Selection of Mirco Brew and Wine

Mon-Sun • 8AM - 12 AM

Fri-Sat • 8 AM - 1 AM



Dr. Billy R. Flowers

**THE SPINA COLUMN™**

An ongoing series of questions and answers about America's natural healing profession.

**Part 7. CHILDREN & CHIROPRACTIC:  
Start off early in life for a lifetime of health**

**Q:** When will my children be old enough to benefit from seeing a Chiropractor?

**A:** Children of Chiropractors often receive their first spinal adjustments the day they are born. Using special techniques for infants, Chiropractors are able to correct spinal misalignments caused by the traumatic and turning of childbirth. What's more, we're frequently able to alleviate infant problems like colic that often keeps both babies and parents up all night.

**Q:** I have a friend who takes her children to a Chiropractor even

when they aren't sick. Why would she do this?

**A:** Actually, there are more reasons for children to see a Chiropractor regularly than there are for adults. First of all, because of their activities in school and out, children naturally take more spills than an average adult. This is one of the most common reasons people bring their children to a Chiropractor. But the

best reason of all is so that with regular Chiropractic care, children can develop a nearly perfect spine. Not only to help them do better in school, but to gain increased strength, health and vitality throughout their adult lives. To find out all the ways Chiropractic can help your children experience a lifetime of good health, please call us at the number below.

**Flowers' Chiropractic Office**

2124 NE Hancock, Portland Oregon 97212

**Phone: (503) 287-5504**