

Another U.S. appeals court keeps Trump's travel ban blocked

By Gene Johnson
The Associated Press

SEATTLE — Another U.S. appeals court upheld a decision blocking President Donald Trump's revised travel ban, dealing the administration another legal defeat as the Supreme Court considers a separate case on the issue.

The ruling from a unanimous three-judge panel of the 9th U.S. Circuit Court of Appeals said the president violated U.S. immigration law by discriminating against people based on their nationality and by failing to demonstrate that their entry into the country would hurt American interests.

"Immigration, even for the president, is not a one-person show," the judges said. "The president's authority is subject to certain statutory and constitutional restraints."

It keeps in place a decision by U.S. district judge Derrick Watson in Hawai'i that he based largely on Trump's campaign statements calling for a "complete and total shutdown" of Muslims entering the U.S.

Watson ruled that the true purpose of the temporary ban on travel from six mostly Muslim nations was to discriminate against Islam — not to protect national security. That violated the constitution's prohibition on the government officially favoring or disfavoring any religion, he said.

The 9th Circuit judges said they didn't



need to reach the constitutional question because the travel ban violated immigration law, and thus wasn't allowed.

The 4th U.S. Circuit Court of Appeals in Virginia also ruled against the travel ban May 25, citing the president's campaign statements as evidence that the 90-day ban is "steeped in animus and directed at a single religious group." The administration has appealed that ruling to the Supreme Court.

The high court is considering a request to reinstate the policy and could act before the justices wind up their work at the end of June.

The 9th Circuit heard arguments May 15 in an expedited appeal of the Hawai'i case. Acting solicitor general Jeffrey Wall said the travel ban is well within the president's broad authority to secure the

nation's borders, an assertion that drew skeptical questioning from the judges, all appointees of President Bill Clinton.

"How is a court to know if, in fact, it's a Muslim ban in the guise of national security justification?" asked judge Ronald Gould.

Neal Katyal, an attorney representing Hawai'i, which sued to stop the ban, told the judges the policy could not be squared with U.S. immigration law, which bars nationality-based discrimination in issuing immigration visas, or with the U.S. constitution's prohibition on the government favoring or disfavoring any religion.

He too faced some difficult questioning, including queries on whether the lower-court decision was too broad.

Trump issued his initial travel ban on a Friday in late January, bringing chaos and

BAN BLOCKED. Protesters hold signs during a demonstration in May against President Donald Trump's revised travel ban outside a federal courthouse in Seattle. A three-judge panel of the 9th U.S. Circuit Court of Appeals upheld a decision to block the revised travel ban. (AP Photo/Ted S. Warren, File)

protests to airports around the country. A Seattle judge blocked its enforcement nationwide in response to a lawsuit by Washington state — a decision that was unanimously upheld by a different three-judge 9th Circuit panel.

The president then rewrote his executive order rather than appeal to the U.S. Supreme Court at that time. The new version, designed to better withstand legal scrutiny, named six countries instead of seven — Iran, Libya, Somalia, Sudan, Syria, and Yemen, with Iraq dropped — and spelled out more of a national security rationale.

It also listed some reasons that travellers from those nations might be granted waivers allowing them into the U.S. despite the policy.

Like the initial executive order, it also suspended the nation's refugee program.

Several states and civil-rights groups also challenged the revised ban, saying it remained rooted in discrimination and exceeded the president's authority.

In March, the judge in Honolulu blocked the new version from taking effect, citing what he called "significant and un rebutted evidence of religious animus" in Trump's campaign statements.

Congratulations to The Asian Reporter Foundation's 2017 award recipients!

Our special banquet issue recognizing the efforts and accomplishments of area Asian Americans is available online at <www.asianreporter.com>.

Chiropractic Corner

Steps to minimize or avoid low-back pain

By Dr. Lina Tran, D.C.

Special to The Asian Reporter

Have you ever experienced low-back pain and wished the discomfort wasn't so bad? If so, you are not alone. At some point, many people have. It may have been caused by a sports injury, car crash, workplace accident, moving things, sleeping in a weird position, or a number of other potential reasons. Fortunately, there are several activities that can be done to prevent or lessen the severity of a back injury.

Exercise

Exercise benefits more than just the body, it also improves mental health. It is a natural remedy for anxiety, depression, and stress. Some activities that may help strengthen one's low back are:

- 1) Gradually stretch low-back muscles as well as the hips and legs.
- 2) Do stabilization exercises to strengthen the muscles that support the spine through various ranges of motion. Using an exercise ball is common for this type of activity.
- 3) Increase core strength by breathing with your diaphragm while exercising. Core-strengthening exercises such as sit-ups, leg raises, crunches, hyperextensions, and reverse sit-ups build abdominal and low-back muscles.

Proper lifting

Lifting properly is helpful in reducing low-back pain. Some things to do and also to avoid include:

- 1) Do not depend on back muscles to bend. Instead, use your leg muscles and bend at the knees.
- 2) Face forward with your back straight, chest out, and shoulders back. Avoid bending and twisting at the same time.
- 3) Keep the object close to your body. Also avoid over-reaching.
- 4) Don't over-lift; ask someone for assistance when lifting or moving heavy or awkward items.
- 5) Exhale rather than hold your breath.

Good posture

Always maintain proper posture by sitting upright and



standing up straight. Strengthening and engaging abdominal muscles also help protect your back.

Sleeping positions

If you have or want to avoid a backache, placing a pillow under your knees when lying down may help. If sleeping on your side, putting a pillow between your knees may provide relief. If your bed has an ultra-soft mattress, sleeping on the floor or a flat, firm surface instead might be beneficial. Eventually, replacing a soft mattress with a firmer one might be a good idea if sleeping on the floor helps alleviate symptoms.

Avoid high-heeled shoes

Many women aren't aware, but frequently wearing high heels can lead to back pain, scoliosis, sciatica (pinched nerves), muscle spasms, and other ailments. Wearing shoes with low or no heels helps avoid these issues.

Minimize strain

Other options that can help minimize back strain include maintaining a healthy weight and eating a nutritious diet.

Following these easy steps can make a world of difference in relieving or avoiding low-back pain and help achieve a better quality of life.

Dr. Lina Tran holds a Doctorate of Chiropractic from the University of Western States. To learn how back activities should be performed, a video library is located at <www.accidentwellness.com>.

Hy-Vee grocery sells 1 million pounds of 'ugly' produce

WEST DES MOINES, Iowa (AP) — An Iowa-based grocery, Hy-Vee, has saved 1 million pounds of produce from landfills with its "Misfits" produce program since January.

Television station KCRG reported that for the past four months, Hy-Vee sold "ugly" produce at a lower cost to customers.

"Ugly" produce consists of fruits and vegetables that would normally go unsold due to minor cosmetic anomalies that do not pass the industry's size and shape standards.

The produce is sold on average at a 30-percent discount and is based on what is seasonably available.



Vancouver Housing Authority WAIT LIST OPENINGS AND CLOSURES

Notice is hereby given that
Vancouver Housing Authority will close the
following waitlists effective July 1, 2017:
Columbia House, St. Helens Manor, and Cherry Park

Vancouver Housing Authority will open the
following waitlists on July 1, 2017:

Crown Villa located at 1529 Division St., Camas, WA 98607
Forest Ridge located at 207 N Lieser Road, Vancouver, WA 98664

Highland Park located at 5015 NE 66th Avenue, Vancouver, WA 98661

These 1 bedroom units are in non-smoking buildings that are designated for person(s) age 62 and older. Income limit qualifications range from \$26,150 for a family of one to \$29,900 for a family of two.

Fort Vancouver Apartments located at 2509 Columbia St, Vancouver WA 98660.

These 1 bedroom units are in a non-smoking building and are designated for persons with chronic mental illness. Income limit qualifications range from \$26,150 for a family of one to \$29,900 for a family of two.

Cougar Homes 4-bedroom are single family homes scattered throughout Vancouver WA. Income limit qualifications range from \$59,750 for a family of four to \$78,900 for a family of eight.

Applications will be available for download online or pick up in our office from 9:00am on July 1, 2017 through 4:30pm on October 31, 2017.

To obtain an application visit our website at <www.vhousa.com> or come to our office located at 2500 Main St., Vancouver, WA 98660. Units are offered to qualified applicants based on the date and time of application. For more information visit our website at <www.vhousa.com>.

Vancouver Housing Authority welcomes qualified individuals/families of diverse backgrounds and, in accordance with various Federal and State laws or regulations, does not discriminate against anyone based on race, color, religion, sex, age, national origin, disability, familial status, creed, veteran's or military status, sexual orientation, gender identity, or marital status.

Vancouver Housing Authority will make reasonable accommodations to individuals whose disabilities require accommodation in order to enjoy full and equal access to our programs and services. This includes the application process, the informal hearing process and the residency period. Please contact a staff member if you need a reasonable accommodation.

Equal Housing Opportunity

The staff at
The Asian Reporter
wish you and your
family a safe and
happy Independence
Day weekend!