

## Peninsula Little League 2012

(Serving the Youth of Inner North & Northeast Portland ages 5-14)

email us at: PeninsulaLL@yahoo.com.



**Softball Program**

Level	Ages
Minor	8 - 10
Major	10 - 12
Junior	13 - 14

Questions contact:  
**Mark Washington** ~  
 503-288-0033  
 markw@portlandobserver.com

**Regular Sign-ups**  
 \$50/T-Ball, \$75 All other levels  
 \$150/Family(3 or more)

**THURSDAYS at Boys and Girls Club Community Center**  
 5250 NE Martin Luther King Jr. Blvd  
 January 26th and February 2nd  
 6:00 pm to 8:00 pm

**SATURDAYS at Peninsula Community Center**  
 700 N Rosa Parks Way  
 February 4th and February 11th  
 10:00 am to 1:00 pm

**TUESDAY at Applebee's**  
 1439 NE Halsey  
 February 21  
 5-8pm

**Registration and Fundraiser**  
 10% of proceeds benefit League

**Baseball Program**

Level	Ages
T-Ball	5 - 6
Farm	7 - 8
Minor	8 - 10
Major	10 - 12
Junior	13 - 14

Questions contact:  
**Anthony Jordan** ~  
 503-969-6483  
 ajordan@integra.com



**Items to bring to sign-ups:**  
 Proof of Address  
 Player Fee

Little League Baseball, Incorporated does not limit participation in its activities on the basis of disability, race creed, color, national, origin, gender, sexual preference or religious preference.

# Fiscal Shortfall

continued from front

and union healthcare costs, which are projected to be 42 percent of the underlying payroll tax revenues in five years.

"If we continue without making changes, we will have a wider imbalance each year," said McFarlane in a visit to the offices of the Portland Observer last week. "We've got these structural imbalances that have to be adjusted."

In an effort to attain feedback from the public and prepare for the future financial changes, TriMet created a new Budget Task Force, which initiated a survey in which 4,800 individuals participated since last October to begin to face the changes that lie ahead.

"It gave us a chance to have a much better conversations with the public," he said. "What we heard is a huge preference for preserving service, and there is a tolerance to increasing fares, if the services remain whole."

Necessary steps, he said, will include the change from single ride tickets that currently allow return trips with a two hour transfer, to a one-way only flat fare ticket, in which the transfer only works for travel in the same direction. The new flat fare rate would be \$2.50, a 10 cent increase from the current all-zone fare and 40 cents more than the current 2-zone fare. The creation of a round trip all day

pass will cost a rider the same as the current day pass, which is \$5.

Other changes include the reconfiguration of 14 bus trips with low ridership, shortened MAX Airport services and an increase in the Youth one way ticket by 15 cents.

Honored Citizen fares, however, will not change and there will be additional LIFT services provided.

But even with the short-term pain, McFarlane said there are still a number of positive changes happening as the transit service moves forward.

"I'm more optimistic today than I was then," he said, referring the initial budget forecast last year.

"We have to be alive to changes within our city all the time," he said. "We have to look at today, but we also have a responsibility to look into the future."

The public will be asked to comment on the proposals at a series of public hearings, which began this week. The open houses will take place Wednesday, Feb. 15 at the Portland Building, Room C, located at 1120 S.W. Fifth Ave., from 4:30-6:30 p.m.; and Thursday, Feb. 16, at the Clackamas Town Center in the Community Room, lower level, located at 12000 S.E. 82nd Ave., from 4:30-6:30 p.m.

For more information about the future route and service changes, visit [trimet.org/choices](http://trimet.org/choices) online or call 503-238-RIDE, option #5.

## Black History at Irvington

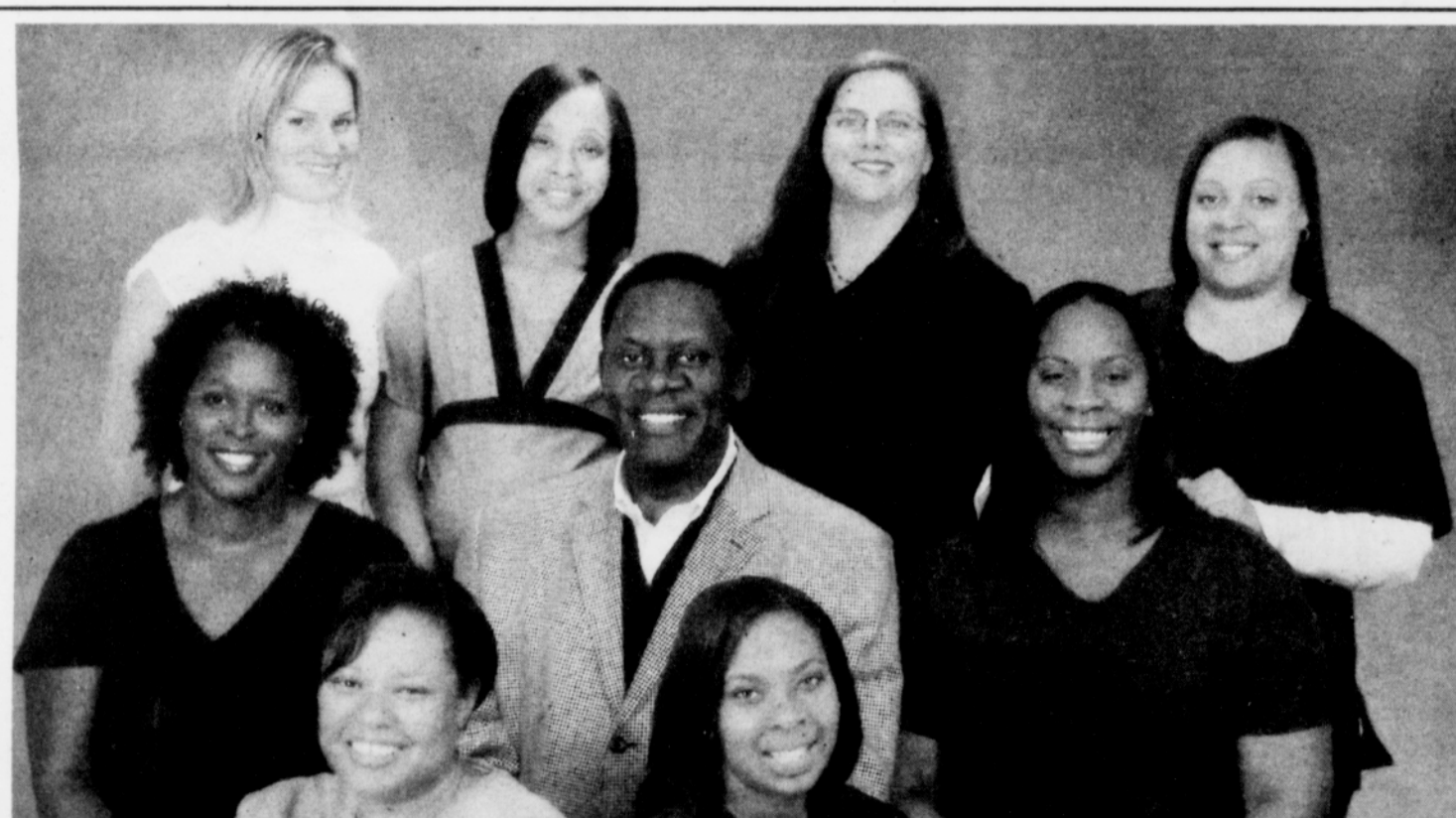
The community is invited to celebrate Black History month by participating in the Black Museum Conference, which will be held three times throughout February at the Irvington Village, located at 420 N.E. Mason St. and Martin Luther King Jr. Boulevard.

The goal of the conference is to establish a structure and founda-

tion of a steering committee, share stories, trades and skills, and connect youth with senior citizens.

The conferences will be held on Thursday, Feb. 15; Saturday, Feb. 18; and Wednesday, Feb. 22, from 3-4:30 p.m., and 6:30-8 p.m. each day.

For further information or questions, call 503-284-0617.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

## THE SPINA COLUMN™

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

### Part 23. Chiropractic And Knees: Knees need to know how Chiropractic helps too.

**Q:** My right knee hurts terribly all of the time. It has been swollen several times to the point of needing to be drained. Can Chiropractic help?

**A:** Your case sounds familiar. It reminds me of one case in particular. A man once came to my office for consultation. He wanted to show me his knee but his slacks were so tight from swelling in his knee that he could not pull his pant leg up to show me. I talked to him about his knee and

showed him graphs of the nervous system and how it affects the knee. He decided to become a Chiropractic patient and has had no problem with his knee since. Within days the swelling was out of his knee. Like so many patients, he had an added bonus. His back was stronger and

healthier than it had been in years. His headaches disappeared. In short, he got that healthy happy feeling of Chiropractic. If you have knee pain or if you have any question concerning your health at all, call us today, Isn't it time you stepped up to Chiropractic?

### Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

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

### Hiring fair and information night



Waste Management is proposing to bring 45 greentech jobs to North Portland. Come learn about this exciting new technology.



THINK GREEN!

- Applications will be accepted for supervisor and equipment operator positions
- High school diploma or GED required; associate degree in electrical or mechanical engineering preferred for some positions
- Job descriptions at [wmgreentech.com](http://wmgreentech.com)
- Questions? Go to [wmgreentech.com](http://wmgreentech.com)

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