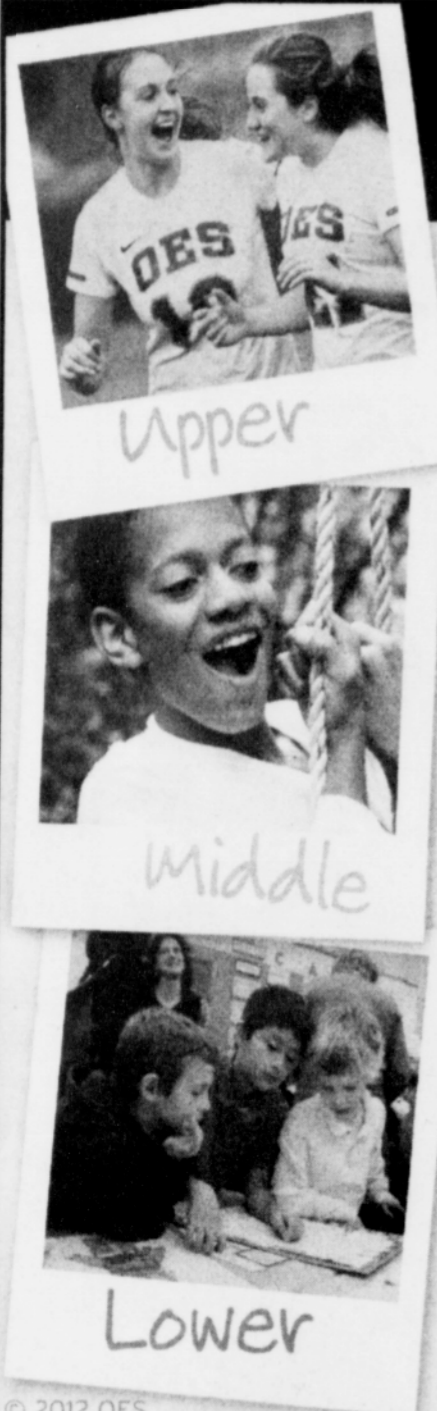


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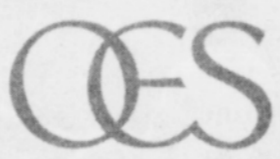


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Police Reform Deal

Covers oversight, training and use of stun guns

The city has agreed to hire a compliance officer to ensure the agreement is followed and form a Community Oversight Advisory Board. The board, which will be chaired by the compliance officer, will include 15 voting members and five advisory panelists.



Sam Adams

(AP)—The city of Portland has reached a proposed settlement with the U.S. Department of Justice on police reforms in the wake of an investigation that found officers too frequently use excessive force against the mentally ill.

The deal announced Friday afternoon by Mayor Sam Adams, Police Chief Mike Reese and U.S. Attorney Amanda Marshall includes more oversight of the police bureau as well as additional training and revisions to its policy on the use of stun guns.

"When I took over as police commissioner, I said I would aggressively pursue changes. These are the changes that will make Portland a better place," Adams said via Twitter and Facebook.

The City Council will hear public comment on the settlement at its meeting Thursday. Once the council approves it, the agreement must be signed by a federal judge and filed in U.S. District Court, The Oregonian newspaper reported.

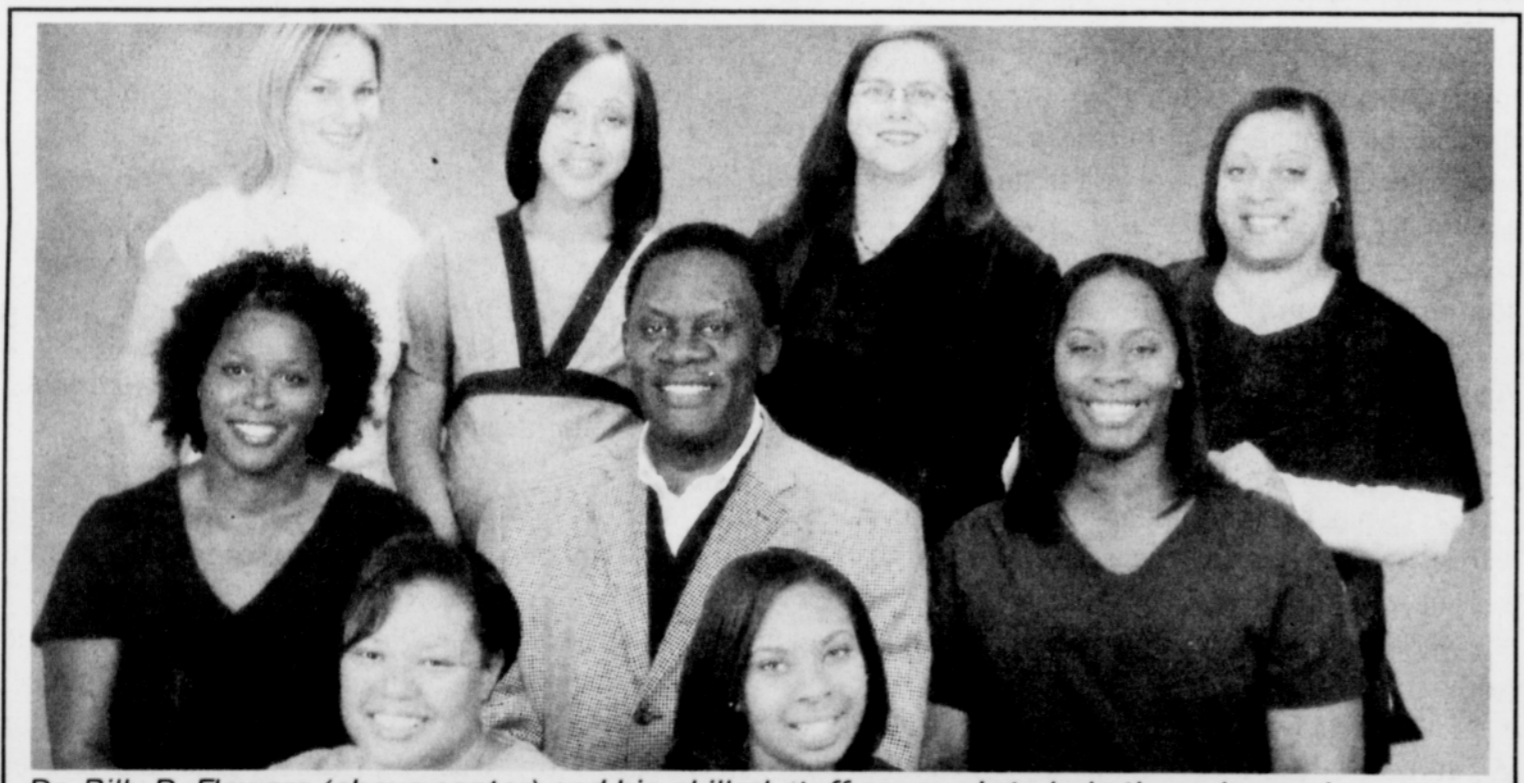
The Justice Department opened its investigation last year to examine whether Portland police engaged in a "pattern or practice" of excessive force when dealing with the mentally ill. Agency officials concluded in September that such a pattern exists, and began negotiating with city leaders on reforms.

The Justice Department investigation listed several examples in which officers used stun guns without justification against people in a mental health crisis. The police bureau's updated policy limits the use of stun guns on people suffering from mental illness and prohibits their use on handcuffed suspects.

It encourages officers to attempt to handcuff suspects rather than subject them to repeated "cycles" from Tasers, referred to as electronic control weapons in the settlement agreement.

"After one standard ECW cycle (5 seconds) the officer shall reevaluate the situation to determine if subsequent cycles are necessary," the agreement states, "including waiting for a reasonable amount of time to allow the subject to comply with the warning."

- In other reforms, the city must:*
- Create a crisis intervention team, comprised of patrol officers with specialized training, to be dispatched when a mental health issue is the main reason for the call.
 - Expand its mobile crisis units from one car citywide to one car per precinct. The cars will be staffed with an officer and a civilian mental health worker.
 - Ensure that investigations of officer misconduct are completed within 180 days.



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

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alcohol. Get plenty of exercise. For most people it only takes an hour or so a week to stay fit. Walking at a brisk pace with good arm swing is excellent. Rest is paramount. Everyone feels better after a good nights sleep. In Chiropractic, we will often recommend relaxation exercises as well. Have a joyful spirit. Scientists know now that our attitudes actually affect our entire chemis-

try. Finally, always keep a healthy nervous system. Chiropractic is especially suited for understanding the effect of stress on the nervous system and how to eliminate it. Total fitness can be only a call away and worth so much more than just another pain prescription. Isn't it time you stepped up to safe effective Chiropractic?

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New Urban Leader

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African-American community has been the smallest minority.

"There is a rich history here that unless you seek it, it's not apparent," said Alexander, who says after moving here, he became a student of the local African-American community.

He says the community is no longer defined by geography, but by gentrification, displacement and urban renewal.

The people are impacted, he said, pointing to social stabilizers that define quality of life issues that are put out of reach for so many.

Portland's "numbers," the streets and neighborhoods east of 82nd Avenue, have not been built to support the displaced populations who live there, he said.

As the Urban League's new leader, he calls for a pre-urban renewal mindset, where robust

communities are sustained to support families

Alexander said these challenges won't be heard by city officials, downtown, unless "we stand on bully pulpits."

Asked about the Urban League's many changes in leadership over its 67-year-old legacy and last year's controversy surrounding the League's misappropriation of funds, Alexander said he is confident that accounting and ethical standards at the Urban League are in place.

"There will clearly be shared accountability, governance and oversight in terms of the challenges we faced last year," he said, "This was a difficult time and it took away from a strong legacy and many folks working hard."

Alexander says he is "excited, pleased and humbled" to be Urban League's new leader and "yes" he is up to the challenge. "For as long as I have it, I'm going to bring it," he said.