



A community conversation on ways to fight housing displacement and increase housing affordability in the African American community draws residents to a recent forum sponsored by Portland Community Investment Initiatives, Inc. (PCRI)

Right to Return Home

CONTINUED FROM FRONT

State University Toulan School of Urban Studies and Planning, and PSU's Center for Public Interest Design, plan to build at least 1,000 new homes throughout Portland, with a specific focus on the historic African American neighborhoods.

Ideally, the initiative will allow for families to return to the neighborhoods they were previously forced from, as well as provide many affordable options for those in danger of loss.

The goal is to have 100 new and affordable homes and commercial spaces built every year for the next 10 years, with many of them to be available for affordable home-ownership. Production of these homes began in November, with Colas Construction, a black-owned firm, developing two affordable rental sites in northeast Portland. Preparations for other development sites are also in the works, with intentions to enhance empty or underutilized spaces without compromising the existing neighborhoods.

Of the housing options avail-

able through PCRI and the Portland Housing Bureau, applicants can qualify for a Down Payment Assistance Loan, a Permanent Affordability plan or a Self Help Affordability plan.

Applications for those that qualify will be accepted between May 2 and May 13. Residents can either apply online, in person at a designated site, or mail in an application within those dates. The application, along with a list of designated sites and additional information on the program can be found at portlandoregon.gov/phb/article/570591.



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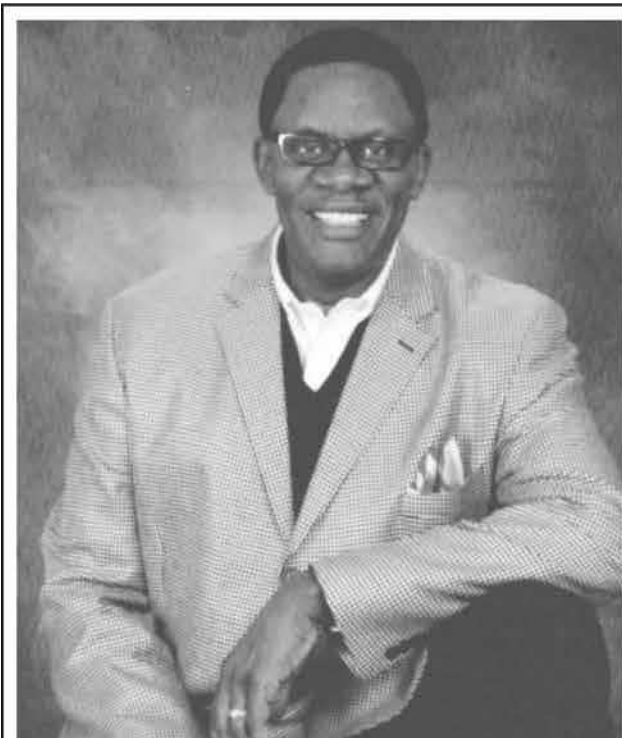


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Dr. Billy R. Flowers

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A: Your doctor was probably right. Chances are it is your nerves. An independent research team recently announced that between 90% and 95% of all head-aches were due to pressure on the nerves. Your doctor was probably talk-ing about

emotional nerves. The research team, of course, was talking about the nervous system. When pressure or irritation gets on nerves (scientifically known as subluxa-tion), tension in muscles will result. In the neck, this tension will work its way up to the skull. Next, blood flow will be altered. Before you know it, you will have another throbbing headache. In

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Flowers' Chiropractic Office

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