

The Portland Observer

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Protest Organizers Arrested

Three members of Portland's Resistance, the justice group which has sponsored protests against Donald Trump since his Nov. 8 election, were arrested Tuesday during a Portland student solidarity protest. The protest leaders claim the arrests were a targeted effort by Mayor Charlie Hales, something the mayor called inaccurate and dangerous.

The Week in Review

Hundreds of Students March

Hundreds of Portland Public Schools students marched from Holladay Park to downtown Tuesday in one of the latest protests of president-elect Donald Trump. Portland Police said that as the night progressed, adults in the

group were encouraging students to block traffic.

Shooting Outside Strip Club

Two females were injured in a shooting Friday night outside the Jags Clubhouse, a strip bar located at 605 N. Columbia Blvd., police

said. Officers learned there was a disturbance outside the club and that an African American male fire several shots toward a parked vehicle containing several people and fled the scene.

Obama Clemency Milestone

President Obama announced he would free 79 more drug offenders from federal prison Tuesday, pushing the total number of commutations under his tenure to over 1,000. With this new grant, Obama has handed out more commutations than the past 11 presidents combined.

Hillary Clinton Increases Popular Vote Margin

While the number of votes for both president-elect Donald Trump and his former Democratic rival Hillary Clinton continue to increase, the gap is widening, with Clinton expanding her popular vote lead over Trump. According to new figures released by The Associated Press, Clinton received more than 1.5 million votes more than her Republican rival.

Bus Accident Kills 5 Kids

A school bus driver has been charged in connection to a crash that killed five young children in Tennessee. The bus was traveling at a "high rate of speed, well above the posted speed limit of 30 mph," police said. Of the five deaths, three were in fourth grade, one was in first grade and the other was a kindergartner.

Bomb Threat at PCC Cascade

Two buildings on the Portland Community College Cascade campus were briefly evacuated Tuesday morning following a phoned-in bomb threat. According to school officials, the Student Union and Cascade Hall were evacuated just before 11 a.m. No suspicious devices were found and police deemed the area safe.



Portland Community Reinvestment Initiatives is a non-profit community development corporation with a mission "to preserve, expand and manage affordable housing in the City of Portland and provide access to and advocacy for services to our residents".

Hiring Now!

Property Manager who is responsible for the daily operations of the assigned properties to preserve and maintain the value and integrity of the PCRI rental properties and to ensure that the properties are compliant with PCRI's established policies and procedures, in addition to local, state and federal regulations including Landlord/Tenant Law and Fair Housing. The Property Manager will work independently and with teammates to manage and resolve all property-level management issues. This individual must have a commitment to excellence in customer service and familiarity with affordable housing management is a plus.



PCRI is growing and we are looking for motivated candidates who will join our team to serve our residents.

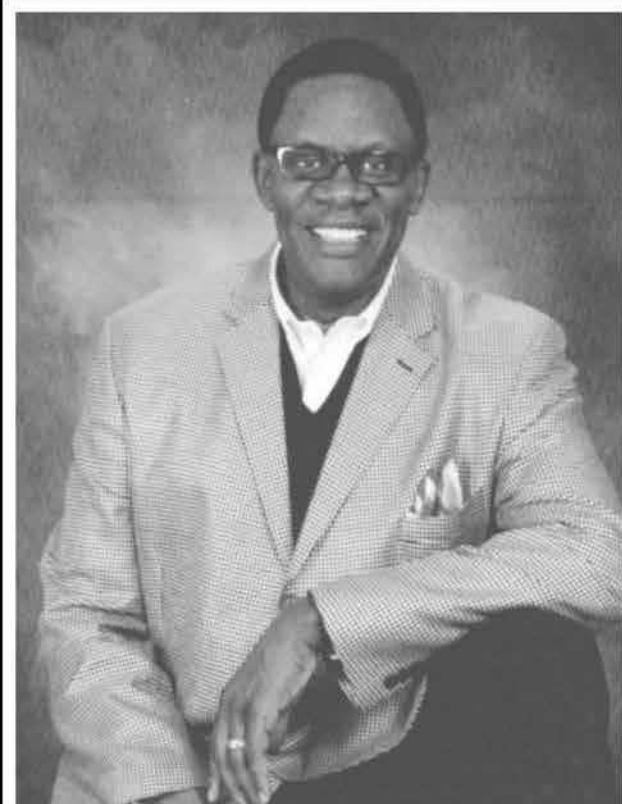
See full description, qualifications, and application instructions at <http://www.pcrihome.org/jobs>.

PCRI is an EEO employer committed to the inclusion of all people in our workplace and programs.

Please note that only those candidates selected for an interview will be contacted.

Homeownership Program Coordinator is responsible for carrying out the day to day operations of the homeownership program to provide excellent homeownership counseling and education services to include but not limited to client intake and scheduling, database entry and maintenance, filing and reporting. This position prepares PCRI residents and community members for homeownership.

Resident Services Coordinator — Margaret Carter Center, provides support to a diverse group of residents. The Resident Services Coordinator will work with residents, property managers and the Lead Resident Services Coordinator to provide services and activities for seniors, adults and children. This position requires a motivated and resourceful individual who is sensitive to resident needs; has excellent service coordination, team building, and group facilitation skills; and can thrive in a relatively independent environment working with a multidisciplinary team.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 15. Back Pain: Why "oh, my aching back" has become such a popular phrase.

Q: I always know when my back hurts. But I rarely know why.
A: Statistics tell us 80% of all men, women, and children will experience back pain in their lives. Chiropractors can also tell you why. There are, for example, several mechanical malfunctions that cause back pain. Among them are: Direct pinching on the nerve. This is the reason many people give for their back pain, but in fact, "pinched nerves" only account for about 10% of it. Edema (swelling) This occurs from inflammation due to

simple strain or subluxation. Fixation. This is yet another component of what we call the vertebrae are not moving the way nature intended. Other factors include muscle spasm and disc herniation. Of course, in addition to knowing you have back pain, chiropractors also know how to make it go away. By eliminating the components of the subluxation complex and allowing the central nervous

system to function the way nature intended, we Chiropractors not only relieve your back pain symptoms, we remove the cause. Without drugs. Without surgery. Without doubt. Call our office for an appointment today to find out how Chiropractic can help your "aching back." Or if you have any questions about your health, just call us at the number below.

Flowers' Chiropractic Office

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