

The Week in Review

School Chief of Staff Out



Amanda Whalen, the chief of staff at Portland Public Schools, has resigned, leaving another high-level opening in a district roiled by the ouster of superintendent Carole Smith last summer. Whalen worked for the district for the past 13 years and in the chief of staff role since 2012.

More Flu Hits Oregon

Flu season is taking a toll on Oregon. Authorities report that 736 people have been hospitalized with the flu this winter, compared to only 443 people hospitalized during the entire flu season last year. The elderly, as usual, have been hit the hardest. They account for about two-thirds of those hospitalized based on numbers collected in the Portland area.

Trump Called 'Liar in Chief'

Responding to false claims by Donald Trump and his press secretary that the size of the crowds attending Trump's inauguration were bigger than President Obama's and all former presidents, Oregon Congressman Earl Blumenauer used the hash tag 'Liar in Chief' to share his thoughts about the president's first



few days in office.

Vote Fraud Claim Persists

The White House on Tuesday stuck firmly to President Donald Trump's claim that millions of people voted illegally in the November election, but provided no evidence to back up his assertion. Trump spokesman Sean Spicer said the president "does believe" that he lost the popular vote to Democrat Hillary Clinton because of illegal voting and fraud.

Kicked Off Flight for Insults

A Portland woman was kicked off an Alaska Airlines flight in Baltimore Saturday night after insulting a Donald Trump supporter and refusing to back down from a verbal assault. The insulted passenger, Scott Kotesky, caught much of the interaction on a video that has been shared nearly 4 million times.



MLK Liquor Store Robbed

A man walked into the liquor store on Northeast Martin Luther King Jr. Boulevard near Fremont on Saturday and armed with a handgun demanded money. An undisclosed amount of cash was taken. The suspect was described as a medium to heavy build black male, wearing all black clothing and a mask.

Man Owned Machine Gun

An Oregon man with ties to the armed occupation of the Malheur National Wildlife Refuge pleaded guilty Monday to illegally possessing a machine gun. The weapon owned by Michael Ray Emry, 54, of John Day, was capable of firing 550 to 650 rounds per minute. Sentencing is scheduled for April 3.

The Portland Observer Established 1970 ————— USPS 959 680 ————— 4747 NE Martin Luther King, Jr. Blvd., Portland, OR 97211

The PO

PUBLISHER: *Mark Washington, Sr.*
 EDITOR: *Michael Leighton*
 EXECUTIVE DIRECTOR: *Rakeem Washington*
 ADVERTISING MANAGER: *Leonard Latin*
 Office Manager/Classifieds: *Lucinda Baldwin*
 CREATIVE DIRECTOR: *Paul Neufeldt*
 REPORTER/WEB EDITOR: *Christa McIntyre*
 PUBLIC RELATIONS: *Mark Washington Jr.*
 REPORTER: *Zachary Senn*

The Portland Observer welcomes freelance submissions. Manuscripts and photographs should be clearly labeled and will be returned if accompanied by a self addressed envelope. All created design display ads become the sole property of the newspaper and cannot be used in other publications or personal usage without the written consent of the general manager, unless the client has purchased the composition of such ad. © 2008 THE PORTLAND OBSERVER. ALL RIGHTS RESERVED, REPRODUCTION IN WHOLE OR IN PART WITHOUT PERMISSION IS PROHIBITED. The Portland Observer--Oregon's Oldest Multicultural Publication--is a member of the National Newspaper Association--Founded in 1885, and The National Advertising Representative Amalgamated Publishers, Inc, New York, NY, and The West Coast Black Publishers Association

CALL 503-288-0033 FAX 503-288-0015
 news@portlandobserver.com • ads@portlandobserver.com
 subscription@portlandobserver.com

AAC
 AFRICAN AMERICAN CHAMBER
 Empowering, Enhancing and Elevating
 AN AFFILIATE OF OREGON BUSINESS NETWORK

NNPA
 75 YEARS
 NATIONAL NEWS PAPER ASSOCIATION

Postmaster: **Send address changes to Portland Observer, PO Box 3137, Portland, OR 97208**

PO QR code

Dr. Billy R. Flowers

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 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504