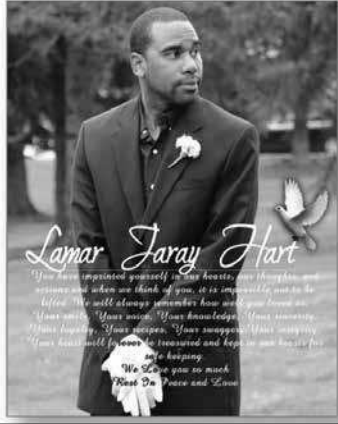


LORIBYDESIGN



Lori A. Martin
 Custom Memorial Keepsakes
 971.888.4099
 Memorial Folders
 Video Presentations
 Web Designs
www.loribydesign.com

The Week in Review

Tenant Protections Advance

A proposal to ban most no-cause evictions passed the Oregon House Tuesday. Approved by a 31-27 vote, the bill now heads to the Senate after weeks of contentious debate. It attempts to address Oregon's housing crisis by creating protections for tenants living month-to-month, who are often most vulnerable to sudden rent hikes and abrupt lease terminations.

Homeless Man Found Dead

A homeless man was found dead near Troutdale Tuesday. Deputies were called to the Lewis and Clark Recreation area where they found the body. He was reported to have been living in a tent near several other campers. There were no signs of foul play.

Biketown Rentals Vandalized

The city of Portland is asking for the public's help to find the people responsible for vandalism to the city's bike sharing system. Tuesday morning, more than 200 Biketown bicycles were found with tires and seats slashed, and spokes cut. Graffiti obscured control screens on the bikes, as well as the informational panels and electronic kiosks used to check out the bikes. "All Portlanders should be saddened and outraged by this senseless act of vandalism," said city Commissioner Dan Saltzman.

Shift in Police Oversight

Attorney General Jeff Sessions is signaling a major

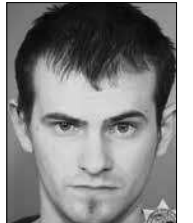
shift in the Justice Department's efforts to reform police departments. In a memo dated Friday, Sessions told U.S. attorneys that it is not the job of the federal government to police state and local law enforcement agencies. In Baltimore, the Justice Department is asking to delay a hearing on the consent decree between DOJ and the Baltimore Police Department

Trump Job Approval Even Lower

Americans' attitudes towards President Trump and Republicans are at a new low, according to a new poll from Quinnipiac University. Overall, voters give Trump a 35 percent job approval rating, with 57 percent disapproving. That's down from the 37 percent Quinnipiac reported just two weeks ago. Fifty-two percent of voters feel embarrassed that Trump is their president. Only 27 percent say they are proud.

Driver Hits Three People

Three people were stuck Sunday afternoon by a car police believe was intentionally used to run into them on Southeast 97th Avenue near East Burnside. A 22-year-old driver was arrested and charged with assault, driving under the influence of intoxicants and other charges



Marijuana Enforcement Plea

The governors of the first four states to legalize recreational marijuana, including Oregon Gov. Kate Brown, sent an open letter Monday urging the Trump administration to work with them before making any changes to the enforcement of federal drug laws in their states.

Gas Explosion Cause Found

A national gas explosion that decimated a building on Northwest 23rd last October was caused by an excavator who dug on the wrong side of the street, according to a report released Friday by the Oregon Public Utility Commission. Miraculously no one was killed in the explosion.



Avalon Flowers

520 SW 3rd Ave., Portland,
 OR 97204 • 503-796-9250

A full service flower experience

- Birthdays • Anniversaries
- Funerals • Weddings

Cori Stewart--
 Owner, Operator

Open: Mon.-Fri. 7:30am til 5:30pm

Saturday 9am til 2pm.

Website: avalonflowerspdx.com

email: avalonflowers@msn.com

We Offer Wire Services

The Portland Observer

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



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



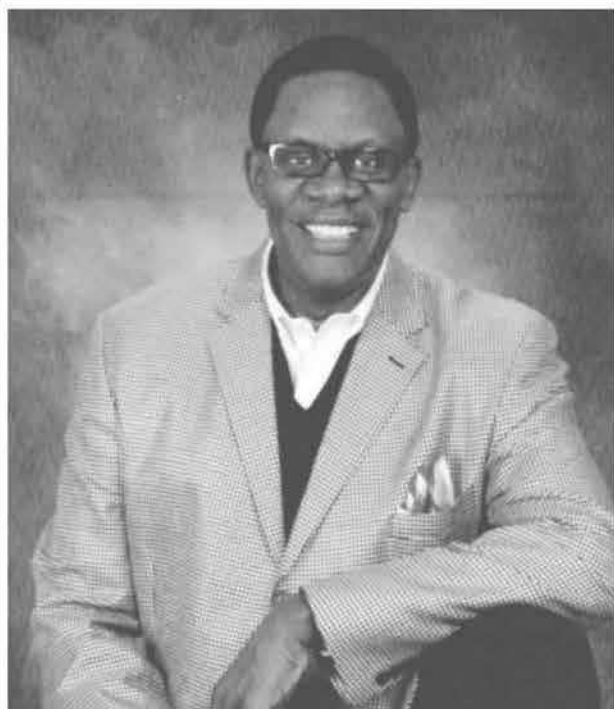
CALL 503-288-0033 FAX 503-288-0015
news@portlandobserver.com • ads@portlandobserver.com

subscription@portlandobserver.com

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 33. Osteoporosis and Bone Loss Reversal

Q: I have osteoporosis and now my back has a more "rounded" look. What is this?

A: You might have started to develop a "dowager's hump" or an abnormal outward curving of the vertebrae of the upper back. Bones become brittle with osteoporosis and the upper vertebrae can collapse on each other, causing a rounded appearance. To help stop and even reverse bone

- loss:
- Develop good body mechanics through exercises to improve your posture.
 - Eat a diet rich in calcium and vitamin D. Your doctor might prescribe a medication to help prevent further bone loss.

- Exercise regularly to help strengthen bones. Talk with a doctor to learn exercises you can safely perform.
- Consult a chiropractor if the curvature of your upper back causes pain or discomfort.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504