

**The Portland Observer**

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# Helping Hungry Families

Focused on alleviating hunger and helping people become more food secure, Smithfield Foods joined forces with Fred Meyer to donate nearly 25,000 pounds of protein to Oregon Food Bank last week.

The donation, equivalent to nearly 100,000 servings, will help families fight hunger across Oregon and southwest Washington where one in five individuals are food insecure.

“Each year, we provide millions of meals to the many people in need throughout our community,” said Katie Pearmine, strategic sourcing manager for Oregon Food Bank. “We are grateful to Smithfield and Fred Meyer for this large protein donation, which allows us to provide high-quality protein to agencies and people throughout our service area.”



A donation of 25,000 pounds of protein products from Smithfield Foods and Fred Meyer is donated to the Oregon Food Bank to help hungry families in Oregon and southwest Washington. Pictured (from left) are Mariah Gonzalez of Fred Meyer; Dennis Pittman of Smithfield Foods and Katie Pearmine of the Oregon Food Bank.

## Trump Can't Withhold Funds

A federal judge in San Francisco ruled Tuesday that President Donald Trump cannot punish so-called sanctuary cities, like Portland and hundreds of other locales, by withholding federal funds. The ruling temporarily halts part of an executive order that involved stopping the flow of money to communities that do not cooperate with federal immigration authorities.

## Open to Self Driving Cars

Mayor Ted Wheeler and City Commissioner announced on April 19th an autonomous vehicle pilot program will begin by the end of the year. The Mayor hopes the program will bring cutting edge technology to the city, along with business from inventors and investors. Three other cities in the

# The Week in Review

United States are also testing self driving vehicles.

## Second Elephant hit by TB

34 year old Sung-Surin, one of the Oregon Zoo's Asian elephants, has tested positive for tuberculosis. Sung-Surin is being taken care of by zoo veterinarians and shows no sign of illness. Last year, the zoo's celebrated elephant Packy was put down after a long battle with TB.

## Woman Strangled at Motel

Police arrested a man Friday wanted in connection with the strangulation death of Valerie Johnson, 42, at the Motel 6 on Powell Boulevard in southeast Portland.

Joshua Carlson, 31, was charged with murder in the domestic abuse case, police said.



## School Hit with Hate Graffiti

Members of the Cully Neighborhood's Trinity Lutheran Church and School spent Sunday morning cleaning up swastikas and racial slurs found tagged on the property

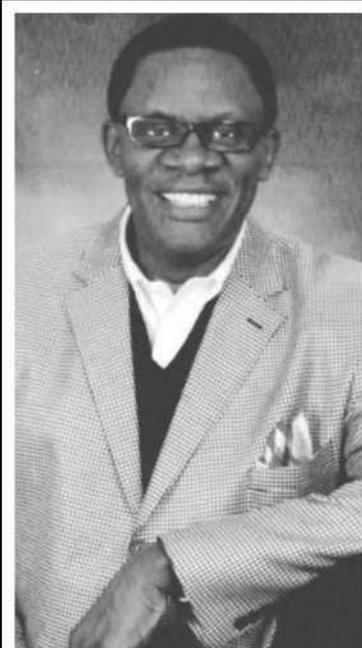
the morning before. Detectives are investigating the crime and asking the public to come forward with any information.

## Earth Day Clean Up

SOLVE's 28th annual Earth Day clean up event drew over 5,000 volunteers Saturday who collected 35 tons of trash in Portland neighborhoods, parks, school grounds and nature areas. Volunteers also cleared out invasive plants and debris.

## Jeff Champs Recognized

The Jefferson High School boys basketball team was recognized for winning the 2017 state championship during a special appearance before the Portland City Council last week. City Commissioner Dan Saltzman led the ceremony.



Dr. Billy R. Flowers

**Q:** What age groups can a chiropractor help most?

**A:** This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

### Infant and Young Children

Other mothers are often amazed

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to see a mother carrying her infant out of the adjusting room. And yet, since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care.

Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, their irritability is often a sign of the need to be checked.

### Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our society develop scoliosis (curvature of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren't creating spinal problems they'll have to live with the rest of their lives.

### Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition,

most adults breathe in polluted air, drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

### Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffer minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

### Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

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