northeast

COMMUNITY HEALTH CENTER

Come visit our new location!



North by Northeast Community Health Center is open to new primary care patients with Oregon Health Plan (Medicaid) health insurance. Since 2006, our priority is on serving the local African American community and on reducing the deadly effects of high blood pressure and diabetes. If you have limited (or no) income and need health insurance, we can help you apply for the Oregon Health Plan. And we can be your go-to neighborhood health clinic!

> Call us for an appointment or more information: 503-287-4932

714 NE Alberta St., Portland Oregon 97211 | nxneclinic.org

Bomb Explodes at Concert

A bombing struck an Ariana Grande concert in Manchester, England on Monday night killing 22 people, including children at a venue packed with young fans of the American musician.

Parents separated from their children during the mayhem were told to go to nearby hotels, where many concertgoers had taken refuge. Grande was not

The Islamic State has claimed responsibility for the bombing, the deadliest terrorist attack in Britain since 2005.

Salmon Abadi, 22, a man born and raised in Britain was identified as the suicide bomber. The device exploded outside a crowded exit as the concert end-

Prime Minister Theresa May on Tuesday said Britain's threat level from terrorism has been raised to critical - meaning another attack may be imminent. The level previously stood at the second-highest rung of "severe" for several years.

May said critical status means armed soldiers may be deployed such as sports matches.



instead of police at public events A survivor from Monday's bombing at an Ariana Grande concert in Manchester, England. (AP photo)

The Hortland 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

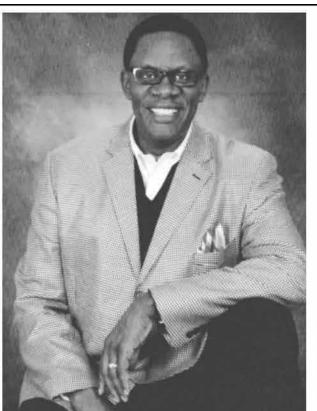
The Portland Observer welcomes freelance submissions. Manuscripts and photographs should be clearly labeled and will be returned if accompanied by a self addressed envelope. All created design display ads become the sole property of the newspaper and cannot be used in other publications or personal usage 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





Dr. Billy R. Flowers

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

Part 4. Stress: How Chiropractic can help ease life's day-to-day pressures.

days. Just how serious is it? : Stress causes high blood pres sure, which in turn is a major cause of strokes and heart disease. It can lead to asthma, arthritis, insomnia and migraines. It impairs the immune system and is estimated to cost the nation over \$100 billion each year in lost productivity, absenteeism and health care costs. That's pretty seri-

I hear a lot about stress these

I have a very stressfull job. How can Chiropractic help me?

: Modern Chiropractic care can help | natural relaxation techniques such as de-stress your body. By helping your nervous system work more smoothly, Chiropractic helps assure that all your body funcions (including the ones negatively affected by stress) are working properly. What's more, today's Chiropractors can also help you with

yoga, message and visualization. For less stress, or more answers to any questions you might have about your health, you'll find that Chiropractic is often the answer. Call us for an appointment today.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504