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Kayse Jama Announces Senate Run

Kayse Jama, the executive director of Unite Oregon and a longtime community organizer, announced on Facebook on August 7th that he is running for Oregon Senate District 24, currently held by Senator Rod Monroe. Jama indicated he will be making a formal announcement soon and paperwork has been filed for the race. Well respected for his work at Unite Oregon, Jama describes himself as a solution seeker, bridge builder and change agent. Jama says of his campaign: "I'm not a politician. I am a community based leader. And it's time for more of us to step up."



Executive Director of Unite Oregon Kayse Jama

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DJ Quik and Scarface

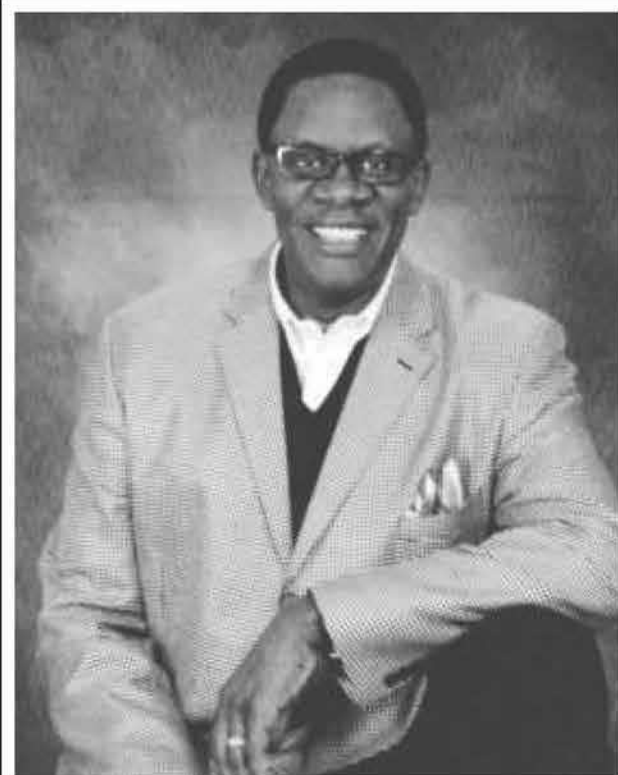
Shot Fired at the Crystal Ballroom

A shot was fired in the early morning hours during a DJ Quik and Scarface concert at the Crystal Ballroom on Saturday, August 12th. No injuries have been reported.

The famous downtown Portland venue was evacuated after the shooting, around 12:41 a.m. Police said in a news release that the suspect left immediately after a gun was fired and that

there may have been an argument just before the shooting occurred. The rap legends DJ Quik and Scarface had to cut their performance short.

Witnesses described the gunman as a black man in his 30s, about 5 feet 10 inches tall and wearing a striped shirt. Anyone with information is asked to call the non-emergency line at 503-823-3333.



Dr. Billy R. Flowers

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

Part 17. Understanding Pain: Why do you have it? How can you get rid of it?

Q: My friend constantly takes pills. I've tried to convince her to see a Chiropractor. Can you make any suggestions?

A: You might try asking your friend this: "If you heard a fire alarm going off in the middle of the night, would you call the Fire Department or would you

Yank the wires out of the wall and calmly go back to sleep?" You see, pain is your nervous system's fire alarm. Pain pills may alleviate the

pain but will do nothing to take the stress off the spine and nervous system. When the body yells, "Fire!" and you experience pain; it is trying to get your attention that it is being injured. When there is stress in the nervous system, this is a serious problem.

The nervous system controls every other function of the body and left un-

treated can cause ill-health in other areas of the body as well. Our specialty is finding the cause of your problem and taking care of it, painlessly, without drugs...Just as nature intended. If you suffer from pain, stop pulling the alarm wires from the walls. Together, we can put the fire out...for good!

Flowers' Chiropractic Office

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