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Portland Community College's Cascade Campus' aging public safety building on North Killingworth Street poses challenges for staff.

## Public Safety Building Challenge

### CONTINUED FROM FRONT

PCC's bond measure on the November ballot includes funding for safety and security upgrades throughout the college, as well as \$3 million for a new, dedicated facility on the same site at Cascade. As with the current office, the new building would include space for the City of Portland police staff who partner with Cascade's officers.

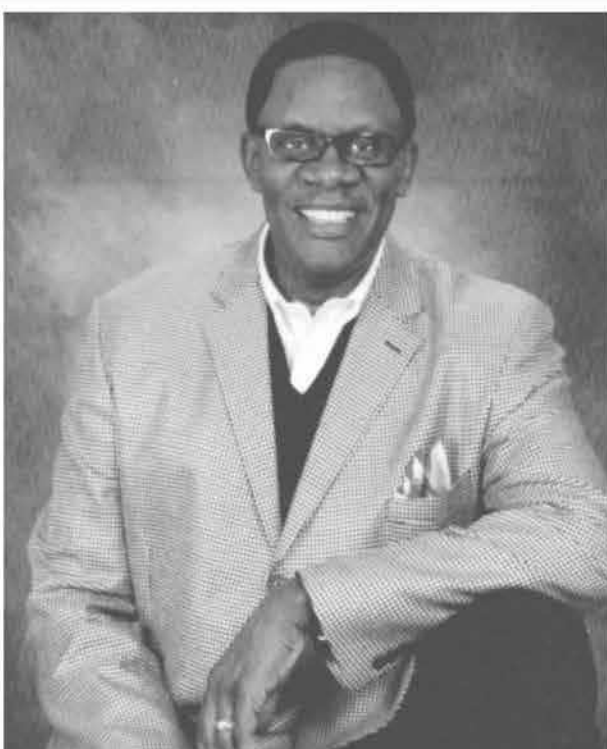
The total PCC bond facing voters is \$185 million and would

also fund improvements to PCC job training centers, including the facility at Northeast 42nd and Killingworth; increase the lifespan of other facilities across the district; improve workforce training programs to better align with current and future jobs; and invest in training for Health and STEAM (Science, Technology, Engineering, Arts and Math) programs.

If approved, the measure will not increase the tax rate because it is a renewal of an expiring bond passed by voters in 2000. It's es-

timated to maintain the tax rate of 40 cents per \$1,000 of assessed property value for the next 16 years.

For Hargrove, connectivity with the campus and community is vital to public safety's mission, "If we had a space that was designed to make it very well known what is here, then people would be more inclined and able to find us and utilize the services that we provide," he added.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 20. It's Just Your Nerves: Chiropractic's answer to an age old answer

**Q:** I have been to see a number of doctors about my headaches. The most recent one said it was, "just nerves" Can Chiropractic help?

**A:** Your doctor was probably right. Chances are it is your nerves. An independent research team recently announced that between 90% and 95% of all head-aches were due to pressure on the nerves. Your doctor was probably talking about

emotional nerves. The research team, of course, was talking about the nervous system. When pressure or irritation gets on nerves (scientifically known as subluxa-tion), tension in muscles will result. In the neck, this tension will work its way up to the skull. Next, blood flow will be altered. Before you know it, you will have another throbbing headache. In

Chiropractic, we work with reducing subluxations, releasing the irritation from the nerve fibers. Muscles can relax. The body will no longer send a message of pain and your headaches will be gone for good! If you're tired of hearing that your problem is "just nerves," call us today. We've got the answer to the "just nerves" answer.

### Flowers' Chiropractic Office

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