Comments taken on Freeway Tolls

Commission will hold a special Highway Administration by the listening session on Thursday, end of the year, officials said. July 12 to hear from the public on tions that could lead to the estab- Falls Ballroom at the Universilishment of toll charges for using ty Place Hotel and Conference in north Portland.

Oregon Legislature to develop come, first-served basis. plans for congestion pricing in the Portland area.

The Oregon Transportation al for submission to the Federal

The meeting will start at 4 p.m. congestion pricing recommenda- and will be held in the Columbia segments of the freeway system in Center, 310 S.W. Lincoln St. It and around Portland, including I-5 will begin with a presentation on the recommendation for tolls fol-The recommendations by the lowed by public comment. Elect-Portland Metro Area Value Pric- ed officials and any members of ing Policy Advisory Committee the policy advisory committee in were submitted last week, carry- attendance will speak first. The ing out a directive from the 2017 public will then speak on a first-

Written comments submitted by July 20 through the commis-The public outreach will help sion's website at ODOTValuepricthe commission prepare a proposing.org will also be considered.

Readers of all ages

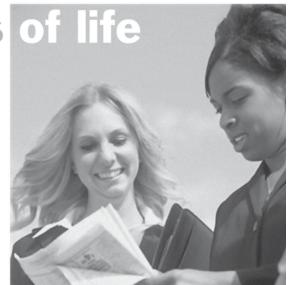
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Campaigning While Black

CONTINUED FROM PAGE 3

4th holiday, talking to constituents and typing notes on her cellphone as she knocked on doors seeking re-election in her district when a sheriff's deputy pulled up.

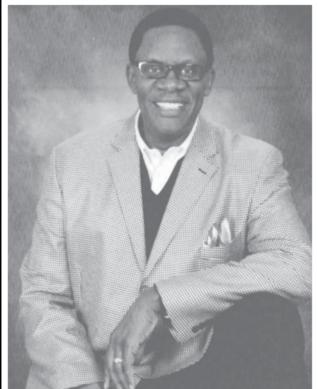
Bynum told reporters she immediately suspected the officer a neighbor to speak to her rather was there to talk to her and she introduced herself as a state legislator.

called and reported that a woman selfie with her.

was appearing to be casing the neighborhood while taking notes on her phone.

"It was just bizarre," Bynum told reporters. The lawmaker said she understood the woman's concerns but felt she could have tried talking to her first or contacting than calling the cops.

The deputy who responded was courteous and professional, By-The deputy told her a neighbor num said. He later agreed to take a



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diet and exercising are helpful in maintaining a strong body. But where do I begin? There is so much literature and when I ask my doctor he seems unconcerned. How can I get started?

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: I continue to hear that Limit your meats and refined foods as well as alcohol. Get plenty of exercise. For most people it only takes an hour or so a week to stay fit. Walking at a brisk pace with good arm swing is excellent. Rest is paramount. Everyone feels better after a good nights sleep. In Chiropractic, we will often recommend relaxation exercises as well. Have a joyful spirit. Scientists know now that our attitudes actually | effective Chiropractic?

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