



PHOTO BY DANNY PETERSON/THE PORTLAND OBSERVER

Cully resident Annette Pronk takes a sledge hammer to the former Sugar Shack on Monday, joining other women in the community during a ceremony to mark its deconstruction and the end to a blighted piece of property known for prostitution and other criminal activity.

Sugar Shack Comes Down

CONTINUED FROM PAGE 3

to housing, it will include a large community space and a central plaza to welcome families and individuals, amenities decided on through community input.

“We want to continue to have a place to convene, to organize, to build political power,” said Cully resident Annette Pronk, who had a leading role in the early stages of the Sugar Shack deconstruction and re-envisioning process years prior.

In addition to Hacienda, locat-

ed just across the street, Habitat for Humanity, The Native American Youth and Family Center and Verde also played vital roles in developing the project. The City’s urban development department, Prosper Portland, provided a portion of its funding.

Hacienda formally purchased the site in 2017, after it had been transformed in 2015 to the Living Cully Plaza by community coalition Living Cully (of which Hacienda is a member). Living Cully had purchased the site from the former strip club owners, who

were both sent to prison in 2017 for prostitution and federal tax evasion.

“Las Adelitas” is named after a Mexican revolutionary and former nurse, Adela Velarde.

The name pays tribute the women who were physically exploited and abused in the Sugar Shack’s two-decade-long prostitution ring, which at one point brought the highest calls for police service of any site in the Cully neighborhood, Hacienda Chief Executive Officer Ernesto Fonseca said in a letter to the community.

Providing Insurance and Financial Services
Home Office, Bloomington, Illinois 61710

Ernest J. Hill, Jr. Agent

311 NE Killingsworth St,
Portland, OR 97211
503 286 1103 Fax 503 286 1146
ernie.hill.h5mb@statefarm.com
24 Hour Good Neighbor Service®



State Farm®



CUT HERE

SCREENPRINTING

25 SHIRTS FOR **\$155**

50 SHIRTS FOR **\$275**

100 SHIRTS FOR **\$470**

1 COLOR PRINT

100% COTTON

T-SHIRT



10% OFF!

WITH THIS COUPON

(503) 290-6790

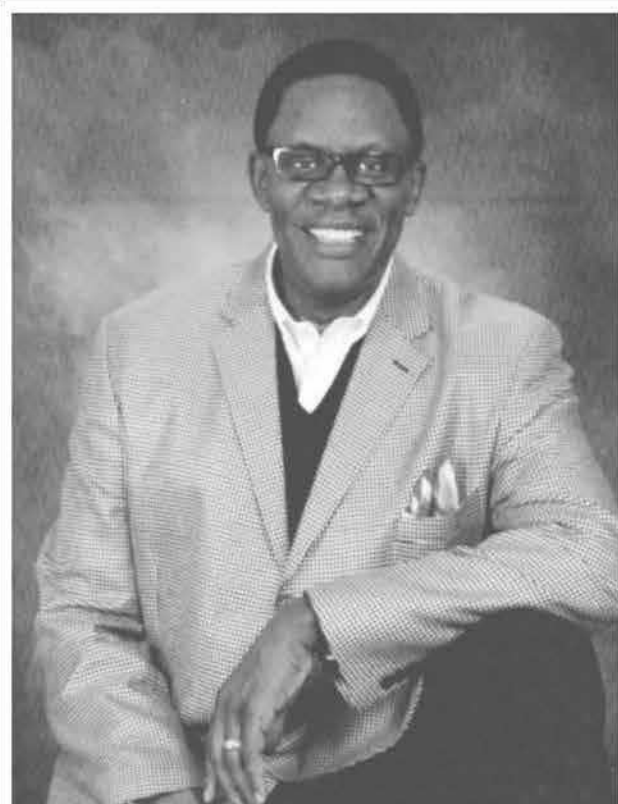
2205 N LOMBARD ST PORTLAND, OR 97217

umbrellascreenprinting.com

Advertise with diversity in The Portland Observer

Call 503-288-0033

or email ads@portlandobserver.com



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 10. Fatigue: A cure for people sick and tired of being of being sick and tired.

Q: I seem to be tired a lot lately. Does that mean I need iron?

A: The most common reason patients come into our office is because of some type of pain. But many of these people are also suffering from fatigue. Fatigue that makes the eyes burn slows down the healing process and makes you wonder why you don’t feel as well as you used to. Obviously, there can be many causes of fatigue. Diet is certainly one of them. It’s a subject we’d be happy to discuss

with you in detail. Another cause, however is often stress. Many of you have probably heard of the “Fight Or Flight” syndrome. When the body is stressed, it responds with a combat-ready posture. In analyzing many such patients’ x-rays, we find the head angled forward and the back arched in this highly-stressed position. After Chiropractic adjustment, this condition is often vastly improved.

Patients come back well-rested, telling us they just had their best night’s sleep in ages. If you think the stress of everyday life might be wearing you down and preventing your body from warding off illnesses, call us for an appointment. Or if there are any other questions you might have about your health, just call us at the phone number below.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504