

Anniversary a Musical Tribute

Maranatha Church of God, 4222 N.E. 12th Ave., invites the community to celebrate Rev. Dr. T. Allen Bethel and his wife on their 25 years of service to the congregation and serving the Portland community.

The pastoral celebration will be held at the church on Friday, Oct. 25 at 7:30 p.m. and a concert to celebrate this joyous occasion will feature National Gospel Recording Artists Shawn Bigby, Yolanda "Yoli" DeBerry and Lena Byrd-Miles.

Tickets are \$25 and a portion of the proceeds will help offset health expenses Dr. Bethel has faced as of late, church leaders said.

"Please join us at this celebration or consider making a donation that will make the evening and journey a night he and his family won't forget," said Jermaine Atherton of JAM Entertainment and a Maranatha Church board member.

Tickets and donations can be received at



Rev. Dr. T. Allen Bethel

Eventbrite.com (search 25th Anniversary Celebration), via email at JAMPdx.Ent@gmail.com or by calling 971-236-8503.

Leisure Hour Junior Golf Program Presents
NYE 2020

A Night in Black & White
December 31
8PM - 1AM

Featuring

Dinner + Dance
\$95 per person - \$135 at the door
No Jeans Allowed

CU/Michael Mims Hens Photography

INCLUDES: Dinner + Dance • No Host Bar • Music • Thank You Gift • Special Dinner • Champagne Toast

Too tired to drive? Take the elevator home!

Stay Two Nights
Monday - Game Night
Tuesday - NYE Celebration

Red Lion Hotel on the River, Jantzen Beach
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Microwave and refrigerator included in all rooms
Purchase event ticket to receive special code for discounted room rate

Contact & Ticket Information

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Debra Ingram (503) 635-6508
Angie Harris (503) 540-0123
Yvette Davis (503) 498-1800
JP's Custom Framing
418 Killingsworth, Portland, OR
(503) 288-2118

Push for Changes in Police Contract

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teeth.

"The independent police review doesn't even have the power to compel officers to testify and also has no authority for discipline," he said.

Riley said to have real oversight, citizen review groups should be able to interview officers and recommend discipline, powers they don't have at present.

The letter says officers should be held accountable for using excessive force or "exhibited racism or other oppression against targeted communities" and that provisions in the current contract "severely limit the scope of mis-

conduct investigations and narrowly restrict how discipline is handled."

Other concerns are the lack of public trust, the letter states, because between April 2018 and July 2019, Portland police officers "killed eight people, shot at several more and launched severe assaults on unarmed demonstrators."

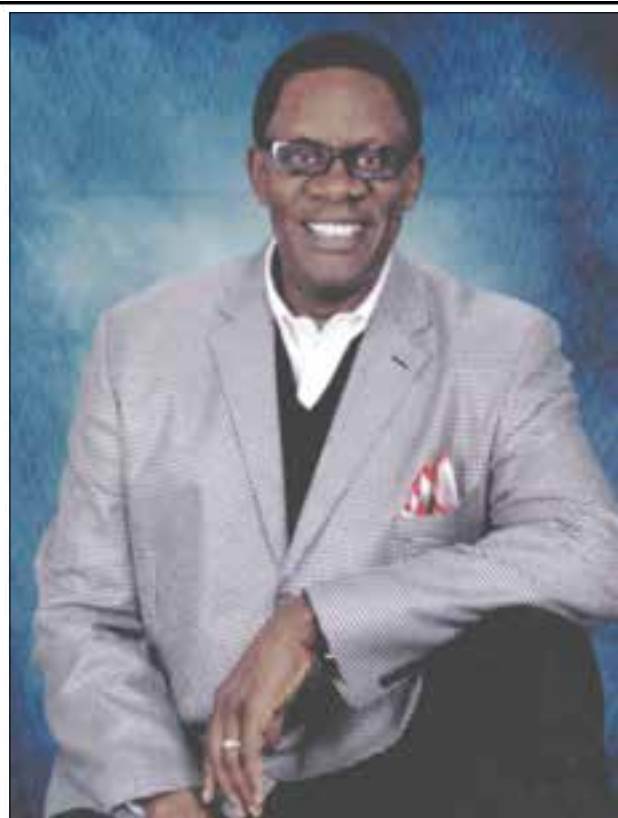
Riley said he is also concerned that Portland cops are not required to have body cameras and currently don't wear them.

"That seems really strange," he said. "And assuming they get body cameras, we want to make sure they (police) cannot review

(footage from the camera) before they write their report. That seems ripe for abuse."

Will Layng, executive director of the nonprofit Portland Jobs With Justice, agrees that there needs to be a better police union contract.

"We need a better understanding of how policing has affected communities of color in our city, the role of what police administrators and administrators of the department and the city can do to ensure that racist and other bad behaviors are held accountable," he said. "That includes the contract itself and how the city enforces it. We need improvements on both sides."



Dr. Billy R. Flowers

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PART 11. EXERCISE: Does it help low back problems, or only make them worse?

Q: A friend of mine showed me a series of exercises designed to help her low back problems. Is it all right for me to use them, too?

A: It would be enlightening to know the number of people with qualified back problems (fixation on the spinal joints) who are told they only need to exercise. They are given a brief exam and a sheet of stretching exercises to follow. They are led to believe nothing else need to be done. This is only incomplete therapy, it is also therapy that could

easily lead to very disastrous side effects. When we exercise and stretch muscles without removing the cause of the spasms, it actually forces the body to degenerate faster. You are better off to have done no exercising at all. In Chiropractic, we know the exercise is an important part of health, but only after Chiropractic care has removed the spi-

nal fixations that caused the problem in the first place. Then and only then can the spine be correctly stretched and strengthened without traumatizing muscles and nerves. For a safe, gentle accurate assessment of your spinal situation or for answers to any questions you might have about your health please call our office.

Flowers' Chiropractic Office

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