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Back to the Drawing Board

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businesses were bulldozed for the new interstate in 1962 and the construction of Veterans Memorial Coliseum. Just what form the caps will take – whether they will just be open space or suitable for building – is still on the drawing board and local advocates, such as evaluate the cap proposals. the Albina Vision Trust, are calling for more community input.

Winta Yohannes was recently appointed as the managing director of Albina Vision Trust, which has the mission of "Honoring the neighborhood's past by transformcially and economically inclusive a transformative vision -- not just

community of residents, businesses, artists, makers and visitors."

Above all, Albina Vision Trust wants transparency in the planning process, Yohannes said, and Gov. Kate Brown has called for a delay in the process to explore tolls for the new roads to offset costs and to hire a consultant to

"The Albina Vision team is committed to working with ODOT and other stakeholders to see the right project through to completion in a timely manner," Yohannes said. "The Albina/Rose Quarter Improvement Project reping what exists today into a so- resents an opportunity to support

for reconnecting the neighborhood -- but for how major public investments can facilitate tangible racial, economic and environmental outcomes that set us on the path to designing the communities we deserve."

Rukaiyah Adams, board chair of Albina Vision Trust, agrees that the project deserves more atten-

"The project requires a fresh look and a new approach," Adams wrote in a letter to Brown in December. "It is an opportudown-payment on a comprehensive, long-range strategy to rebuild Legislature.

a community that values children, affordable housing, public spaces and community wealth-building."

January 22, 2020

In the meantime, ODOT Commission chair Bob Van Brocklin took the advice in Brown's letter and made a formal proposal to put off a full environmental impact study until March, to hire a consultant on caps, look at tolling and create advisory committees to include community members.

The ODOT Commission will meet this Thursday in Lake Oswego to consider, among other agenda items, a presentation from ODOT experts "on the Interstate 5 Rose Quarter Improvement nity for significant transportation Project cost estimate and request investment dollars to serve as a approval to submit the Cost to Complete Report to the Oregon



Remembering Aaron Campbell: Stop the Violence

Rally Organized by the AMA Coalition for Justice and Police Reform Saturday, Jan. 25, 2020 5:00 PM Maranatha Church, 4222 NE 12th

Aaron Campbell was killed by a shot to the back from a police sniper on January 29, 2010, ten years ago. Members of his family are expected to be in attendance at the event.

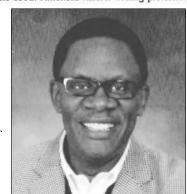
Stop Domestic Violence. Stop Gang Violence. Stop Mass Shootings. Stop War Violence. www.albinaministerialcoalition.org



Osteoarthritis: You needn't be frightened about a frightening problem anymore

Q: I have been having a lot of pain in my neck. The doctor said that it was osteoarthritis and that I would have learn to live with it. What is your opinion?

A: As you might know, there is a tremendous amount of health research going on today Much relates to the spine and nervous system. You might ask your doctor if he has read the latest study on osteoarthritis. The study showed that there was no correlation between the amount of osteo-arthritis and the amount of pain a person suffers. In fact it has been found that pain and osteo-arthritis are both caused by the same problem. Mechanical stress on the bone and joints is the biggest cause of pain and also the cause of that deformity of the joint your doctor calls osteoarthritis. In Chiropractic we evaluate where the joint and



Dr. Billy R. Flowers

bones are stresses. Our chief purpose then is to remove the stress or irritation from the joint (and nerves) – not only to reduce pain but to allow the bones to be as healthy as possible as well. If you have joint pain, isn't it time you stepped up to effective Chiropractic?

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