

# LAW & JUSTICE

## Making a Difference for Women, Girls



KOIN Channel 6 Reporter Alexis Del Cid has been honored for giving a voice to women and girls victimized by sex trafficking.

*KOIN Channel 6 Reporter Alexis Del Cid (center) is honored for her work exposing the growing problem of sex trafficking and for her public service efforts. Human trafficking survivor and Soroptimist member Jeri Williams (left) and local Soroptimist president Jan Haig are also pictured.*

Soroptimist International of Southwest Washington presented Del Cid with their annual Ruby Award at a March 8 Women's International Day ceremony in Vancouver.

Del Cid has been a journalist for over a decade. Over the years she has done numerous reports exposing the growing problem of sex trafficking and most recently exposed a man who was making a living off of trafficking victim's stories. The exclusive story resulted in an FBI investigation.

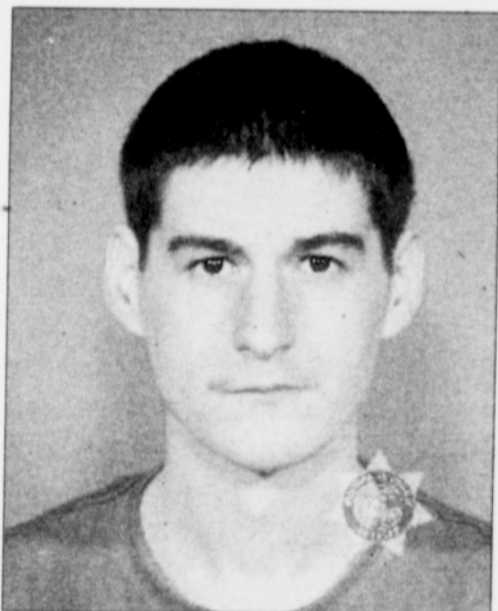
She has also served as a volunteer, emceed events, and dishing up strawberry shortcake on Mother's Day for domestic violence shelters.

### Local ATM Robberies Arrest

Portland police have arrested a 19-year-old in connection with a string of armed robberies in northeast Portland.

Dylan Paul Smith is charged with three separate robberies last month at the Wells Fargo ATM at 42nd Avenue and Going Street, and for a Feb. 13 armed robbery at Tonalli's Donut Shop, located at 2805 N.E. Alberta St.

Smith is also expected to face charges in Salem related to an armed robbery where a shot was fired at a Cricket Wireless store, authorities said.



Dylan Paul Smith



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

## THE SPINA COLUMN™

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

### Part 9. Low Back Surgery:

The unkindest and most unnecessary cut of all.

**Q: Should I try chiropractic for my low back pain or have surgery and get it "fixed right?"**

**A:** We hear this question quite often and considering many physicians' pro-surgery preoccupation, it's no wonder people ask such questions. That is, until they examine the facts. The truth is that in about 90% of low back pain, the problem is mechanical. Chiropractic has had and continues to have the best technique for treating spinal mechanical problems through gentle, exact adjustment with highly skilled hands. And Chiropractic requires no drugs,

surgery, recuperation or expensive hospital bills. With Chiropractic, the only side effects are the disappearance of symptoms and the recurrence of vitality.

**Q: Which technique has better results for low back problems, Chiropractic or surgery?**

**A:** According to a recent issue of Computer Medicine, low back surgery is one of the least effective procedures. In fact, 75

to 99% are unsuccessful. Before you make any decision, heed the advice of the "father" of low back surgery: "exhaust all methods of conservative care before considering surgery to the lumbar (low back) spine." To find out how Chiropractic can help you avoid back surgery, or for answers to any questions you might have about your health, please call us at the phone number displayed below.

### Flowers' Chiropractic Office

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### Advocate Charged for Taxes

Paul Stanford, the 50-year-old founder of the Hemp and Cannabis Foundation, was charged last week with failing to file personal state income taxes in 2008 and 2009.

His arraignment is scheduled for March 21.

The Hemp and Cannabis Foundation, founded in 1999, operates offices in nine states. According to its website, it has helped more than 100,000 patients obtain state permits for medical marijuana.

It lost its federal tax-exempt sta-



Paul Stanford

tus last year. Stanford also hosts Cannabis Common Sense, a weekly local cable access show.

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