

Arts &  
ENTERTAINMENT

# Third Time Charm for Candice Glover

## R&B vocalist wins American Idol title

(AP) — The third time's the charm for Candice Glover on "American Idol."

The booming 23-year-old R&B vocalist from St. Helena Island, S.C., won the Fox singing competition after auditioning a trio of times and making it to the finals this year. Glover looked stunned when "Idol" host Ryan Seacrest announced she bested soulful 22-year-old country singer Kree Harrison from Woodville, Texas.

Glover said backstage after winning she learned to "have fun, live in the moment and be confident."

"Because in previous years I wasn't, so that's definitely the key if you want to audition for the show or have a career," she said.

After her crowning, an emotional Glover sobbed her way through her new single "I Am Beautiful."

Glover's win marks the first time a female and a nonwhite singer has won the competition since Jordin Sparks dominated the sixth season in 2007. The previous five winners — Phillip Phillips, Scotty McCreery, Lee DeWyze, Kris Allen and David Cook — were all Caucasian guitar players, known to "Idol" fans as WGWs, or white guys with guitars.

The lack of a female champion for the past five years was mocked in a finale bit featuring the female finalists, in cahoots with Sparks, jokingly sabotaging this season's five



Candice Glover, a 23-year-old R&B singer from South Carolina, performs during the 12th season of American Idol.

male contestants.

"The good news is 'Idol' leftovers have been doing really well on 'The Voice,'" Sparks teased.

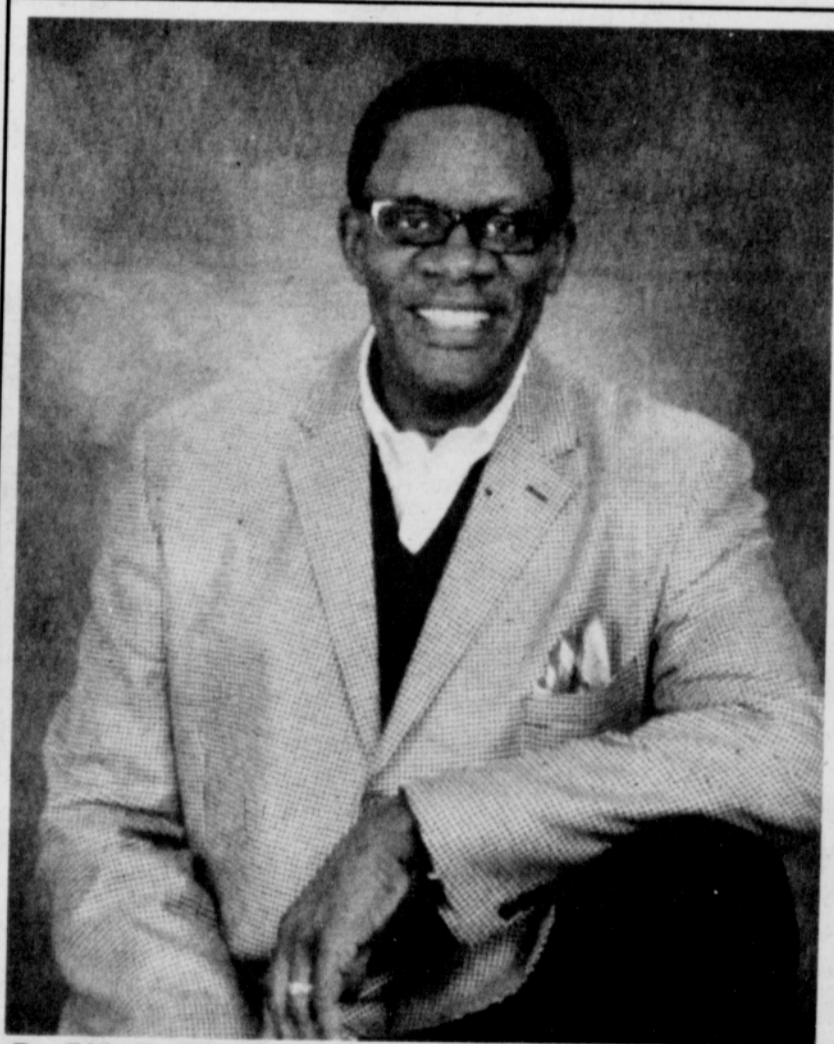
Besides the coronation of Glover, Thursday's finale also served as a farewell for Randy Jackson, the show's last remaining original judge who announced last week that he's leaving "Idol" to focus on his record label and other business opportunities. Jackson served as a judge on all 12 seasons of "Idol." He first appeared on the panel alongside Simon Cowell and Paula Abdul when the competition debuted in 2002, becoming famous for his easygoing "yo, dawg" rapport with contestants.

"I love everybody that walked on this show," Jackson said. He added, "Hopefully, I touched their lives a little bit. They certainly touched mine."

Grammy- and Oscar-winning former "Idol" finalist Jennifer Hudson returned for Thursday's finale to duet with Glover on Natalie Cole's "Inseparable."

"I look up to her and, honestly, she is so successful after this show, and I really admire her," said Glover backstage. "I finally got a chance to not only meet her but sing with her."

Hudson was among the guest stars who helped fill out the two-hour finale show, including Psy, Frankie Valli, Emeli Sande, Jessie J, Aretha Franklin and former "Idol" judge Jennifer Lopez. Current "Idol" judges Keith Urban and Mariah Carey — along with Jackson on bass — also performed.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 17. Understanding Pain:

#### Why do you have it? How can you get rid of it?

**Q:** My friend constantly takes pills. I've tried to convince her to see a Chiropractor. Can you make any suggestions?

**A:** You might try asking your friend this: "If you heard a fire alarm going off in the middle of the night, would you call the Fire Department or would you

Yank the wires out of the wall and calmly go back to sleep?" You see, pain is your nervous system's fire alarm. Pain pills may alleviate the pain

but will do nothing to take the stress off the spine and nervous system. When the body yells, "Fire!" and you experience pain; it is trying to get your attention that it is being injured. When there is stress in the nervous system, this is a serious problem.

The nervous system controls every other function of the body and left un-

treated can cause ill-health in other areas of the body as well. Our specialty is finding the cause of your problem and taking care of it, painlessly, without drugs... Just as nature intended. If you suffer from pain, stop pulling the alarm wires from the walls. Together, we can put the fire out... for good!

### Flowers' Chiropractic Office

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