

in Review

The Portland Observer looks back at some of our top stories from 2013



State Champions!

March 13 – Jefferson High School players, coach Pat Strickland and other members of the coaching staff celebrate after the team wins the state 5A basketball championship in Eugene.

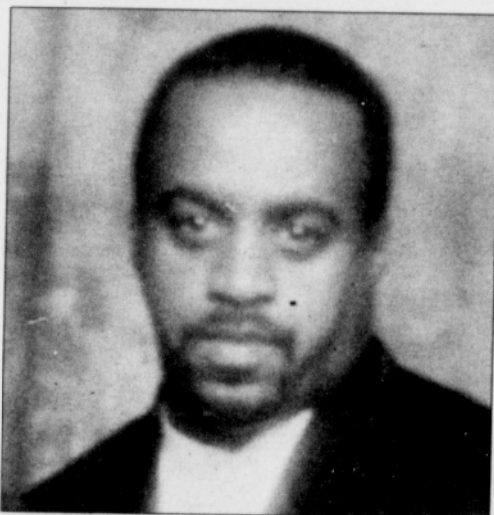


Lending Nightmare

April 17 -- An elderly northeast Portland woman who paid off her home of 26 years before taking a loan to make repairs faces eviction over a dispute on the loan's repayment, representing one of the many homeowners reeling from the collapse of the real estate market.

Hair Care Victory

May 29 – A new law passed by the Oregon Legislature will loosen the restrictions on natural hair styling, allowing many in the African-American community to braid, loc and twist hair without burdensome regulations.



In Loving Memory

April 3 -- The Portland Observer Family mourns the loss of a beloved brother, Gary Washington, who died March 30. He was the brother of Chuck Washington, the late Portland Observer publisher who died a few months earlier on Dec. 8.



The Parks have Eyes

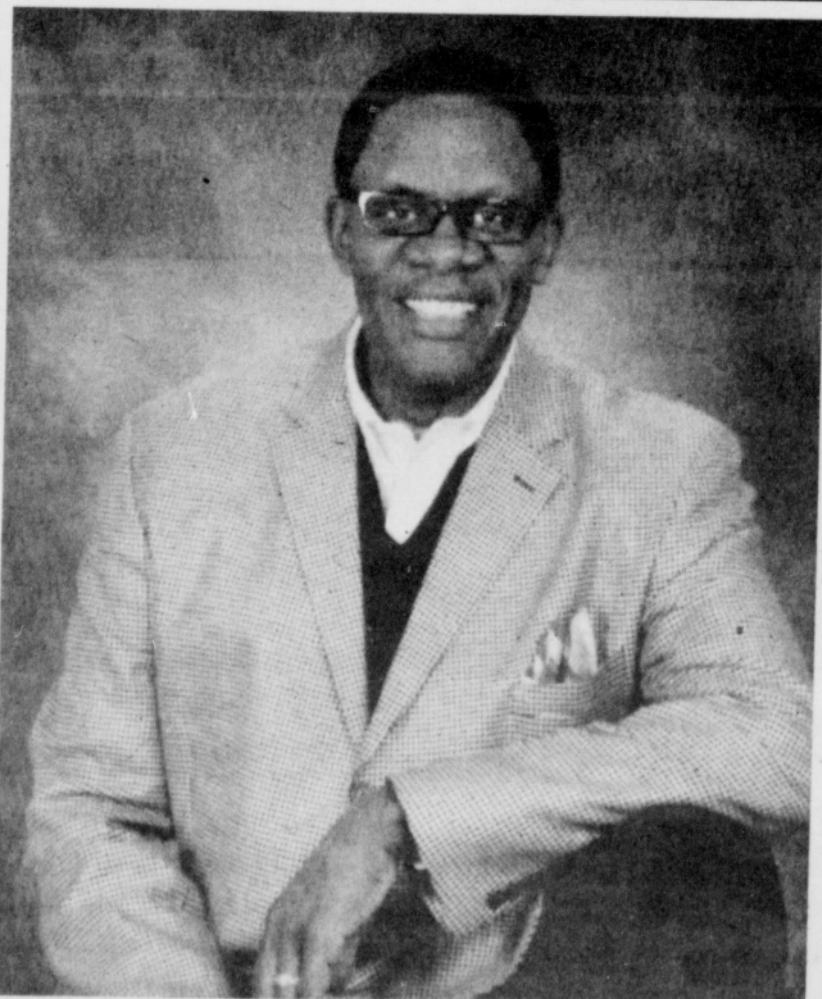
April 24 -- Portland is improving security at its city parks with a diverse team of forest green-clad park rangers who act not only as eyes and ears for the community and police, but as city ambassadors to assist and build relationships with people in the neighborhoods they serve.



Grant Pride

May 8 – Former Grant High School football standout and current NFL superstar Ndamukong Suh returned home to donate \$250,000 to rebuild the northeast Portland school's football field and track, completing a fundraising project 12 years in the making.

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Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Thank you: A Happy and healthy New Year to our great patients.

Now is the season to reflect on the events of the past year and look ahead to all the New Year has to offer. This past year has certainly been a happy one for all of us. We've had so many kind and wonderful patients.

To all of you, "thank you." We appreciate your courtesy and your zeal to share with friends how Chiropractic's natural healing has helped you. It is really exciting to have more and more people aware of the

healing power of nature. Only nature creates and only nature can truly heal.

We look forward to continue serving those of you who've made the natural selection: Chiropractic. The only major health science whose only side effects are improved health and greater sense of

well-being. If you ever have any questions about your health or about any of our many services, we'll always be happy to help.

Again, we wish you a Happy Holiday and continued health through-out the coming New Year.

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