

Governor Saves Woman's Life

Rushes to give aide on side of Portland street

(AP) -- Gov. John Kitzhaber is being credited with helping save a woman's life after performing CPR on her, keeping her alive until paramedics could arrive.

Spokeswoman Nkenge Harmon Johnson said Kitzhaber was in a car driving through downtown Portland around 5 p.m. Monday when he saw "someone along the edge of the street who seemed to be attempting to resuscitate a woman" who was lying on the ground.

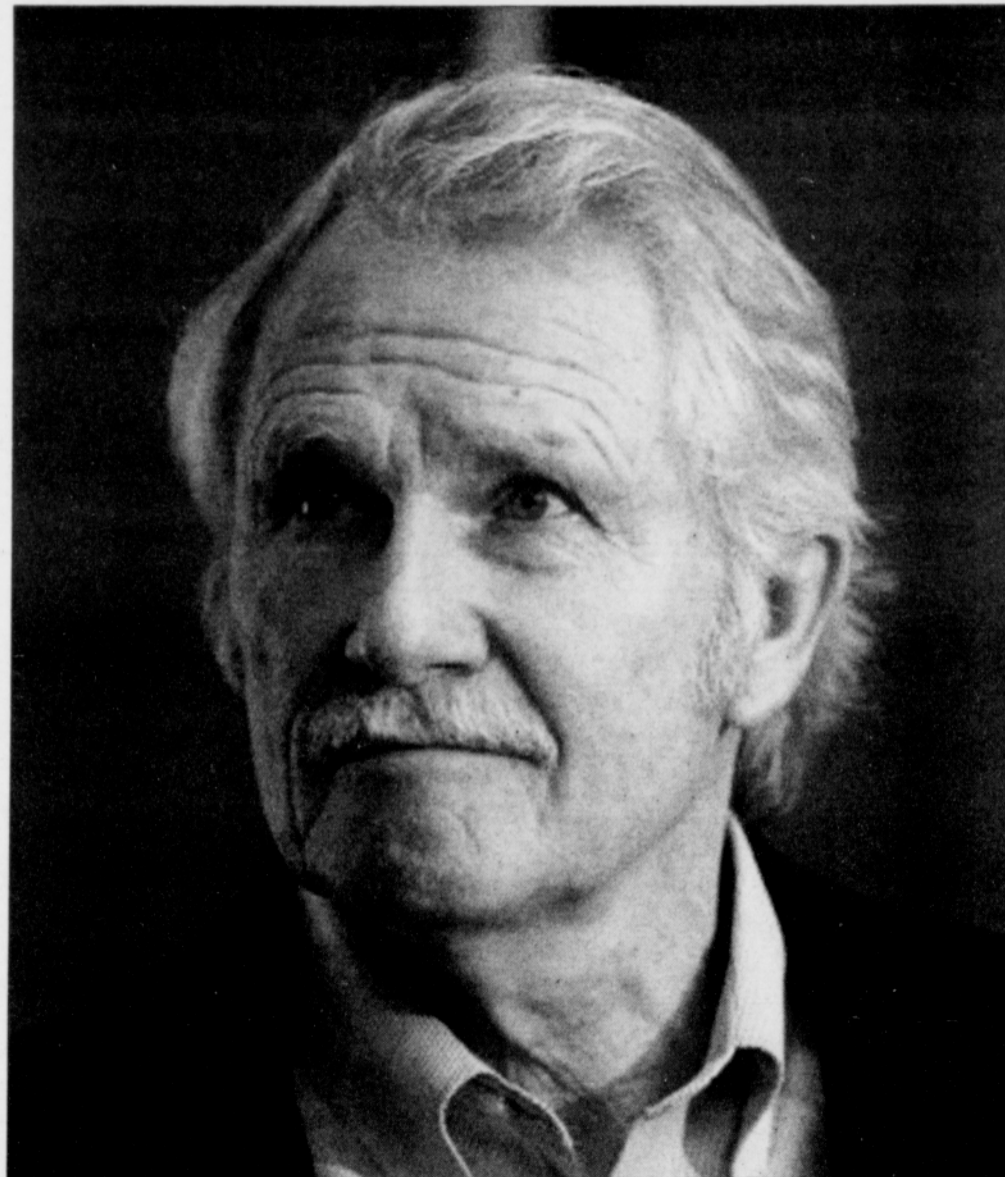
The 67-year-old governor ordered his driver to pull over and call 911. Kitzhaber determined the woman had no pulse and began performing CPR.

Portland Fire and Rescue Lt. Rich Chatman said the woman was breathing by the time an ambulance arrived. The unidentified woman was taken to a local hospital and is expected to survive, Chatman said.

According to KGW-TV, authorities suspect the woman may have overdosed.

"The governor wishes her well and hopes that she seeks treatment in order to avoid the bad situation she was faced with today," Johnson said.

Kitzhaber, a Democrat, is now in his third term as governor. He served two terms from 1995 to 2003, and



Gov. John Kitzhaber is credited with saving a woman's life by performing CPR as she was lying unconscious on a downtown Portland sidewalk Monday.

was elected again in 2010. He's seeking re-election for a fourth term in 2014.

It's not the first time Kitzhaber — a former emergency room doctor — has administered emergency first aid. During a 2010 gubernatorial debate, Kitzhaber came to the aid of an audience

member who had suffered an apparent seizure.

"I heard someone say, 'Is there a doctor in the house?'" Kitzhaber said after the debate. "I thought they were kidding, and then I looked up and there was someone obviously in distress. And so the old ER reflex kicked in."

The Week in Review

School Girls Kidnapped

Warning that "time is of the essence," the White House pressed Nigeria on Tuesday to accept the help of a specially formed U.S. team to rescue more than 200 kidnapped schoolgirls before they are sold into slavery or killed. The girls were abducted last month by a group the United States considers a terrorist organization.

Disruptive Climate Change

A new government report on global warming finds that climate change's assorted harms "are expected to become increasingly disruptive across the nation throughout this century and beyond," the National Climate Assessment concluded Tuesday.

Acid Attack on Judge

An ex-soldier accused of throwing acid in the face of an Olympia, Wash. judge who issued a restraining order against him pleaded not guilty to assault and malicious mischief charges Monday. Prosecutors say Michael Edward Martin, 33, went to the home of judge in September 2012 and threw sulfuric acid in his face when he answered the door.

Urban Renewal Scale Back

Mayor Charlie Hales announced plans Monday to

substantively alter six urban renewal districts in the city by putting 1.6 billion of property back onto the tax rolls and, providing \$158 million to taxing jurisdictions, including public schools, over 30 years. "To our knowledge, no one in Portland has ever done this before," Hales said.

Gresham Gangs Summit

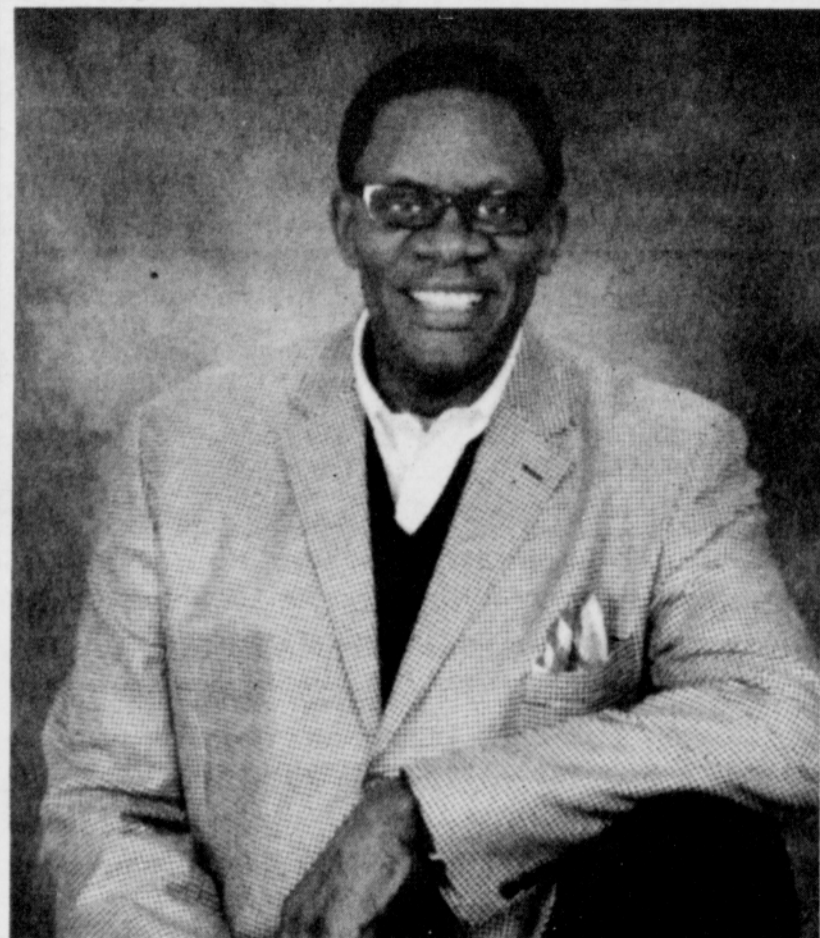
In preparation for the coming end of the school year, Gresham hosted a gang prevention and enforcement summit Thursday. Speakers discussed the latest gang trends and outlined their plans to address the issue with gang prevention and enforcement.

Arson Spree Arrest

Police on Monday arrested a man for six arson fires in north Portland Saturday morning. Richard David Simms Jr., 20, is accused of setting fires at two houses, two cars, a recycling bin and an abandoned chair in a parking lot. No injuries were reported.

Naked Man Hit and Killed

A Portland man was hit and killed by a passing car while doing pushups naked on North Columbia Boulevard early Sunday morning. Police said they got the call at 4:04 a.m. and the man was dead when they arrived. Officials said an autopsy and toxicology report will be conducted.



Dr. Billy R. Flowers

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Part 32. Associated Pain

Q: Is my leg pain related to my recent back injury?

A: Sharp pain radiating from you back down one leg can be a result of a pinched nerve in the spine. Herniated discs and bone spurs are two of the most pinched nerve in the spine. Disc in the spine function like shock absorbers; and they can become damaged from an injury or normal use.

Your leg pain is likely related to a problem in your lumbar spine, although it is hard to pinpoint exactly what triggered your pain. You might have had a pre-existing condition made worse by a recent injury. The good news is this

type of pain often resolves on its own or with chiropractic treatment. If the pain lasts longer than a few weeks, or if you have noticeable weakness in your leg or foot, talk to a doctor about getting an MRI.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504

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PUBLISHER: Mark Washington, Sr.

EDITOR: Michael Leighton

EXECUTIVE DIRECTOR: Rakeem Washington

CREATIVE DIRECTOR: Paul Neufeldt

OFFICE MANAGER/CLASSIFIEDS: Lucinda Baldwin

ADVERTISING MANAGER: Leonard Latin

REPORTER/PHOTOGRAPHER: Donovan M. Smith

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CALL 503-288-0033 FAX 503-288-0015

news@portlandobserver.com

ads@portlandobserver.com

subscription@portlandobserver.com

POSTMASTER: Send address changes to Portland Observer, PO Box 3137, Portland, OR 97208