

Anger Spills Over

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Authorities reported hearing hundreds of gunshots, which for a time prevented fire crews from fighting the flames.

There were 61 arrests in Ferguson overnight, many for burglary and

trespassing. St. Louis County Police spokesman Brian Schellman said. There were 21 arrests in St. Louis, where protesters broke some store windows along South Grand Avenue, St. Louis Mayor Francis Slay said.

At least 14 people were injured

during the overnight protests, including two people who were hospitalized.

The grand jury's decision means that Officer Darren Wilson, who is white, will not face any state criminal charges for killing Brown.

Prosecuting Attorney Bob McCulloch said the jury of Prosecuting Attorney Bob McCulloch

said the jury of nine whites and three blacks met on 25 separate days over three months, hearing more than 70 hours of testimony from about 60 witnesses, including three medical examiners and experts on blood, toxicology and firearms.

Speaking for nearly 45 minutes, a defensive McCulloch repeatedly cited what he said were inconsis-

tencies and erroneous witness accounts.

The prosecutor also was critical of the media, saying "the most significant challenge" for his office was a "24-hour news cycle and an insatiable appetite for something — for anything — to talk about."

McCulloch never mentioned that Brown was unarmed when he was killed.



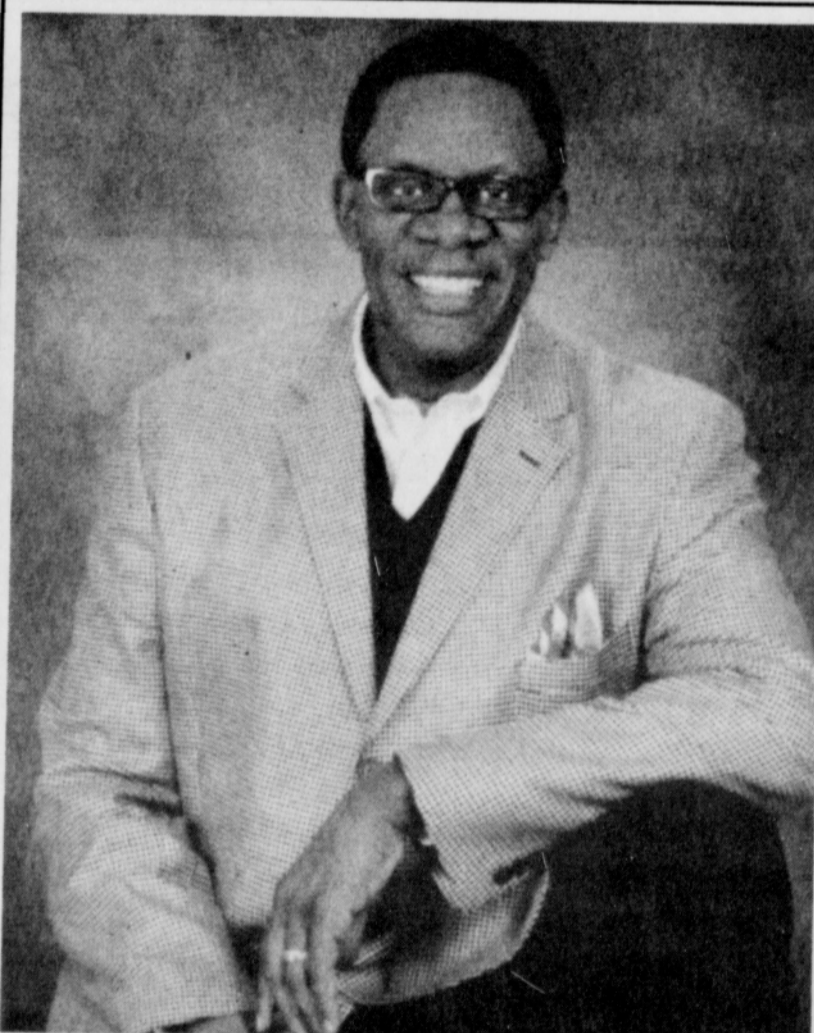
*Jazz Sunday at the Elks every Sunday this month at the Billy Webb Elks Lodge

Holiday Bazaar

December 6, 9am-4pm
Elks Lodge, 6 N Tillamook St
Call 503/413-0709 for Information

CALENDAR for November 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17 Homemade Bread Day Lewis & Clark Reached the Pacific in 1805 Take A Hike Day	18 Mickey Mouse's Birthday Antarctica discovered in 1820 William Tell Day	19 Gettysburg Address Delivered in 1863 by President Lincoln Prime Minister Indira Gandhi born in 1917	20 Mexican Revolution Day Traffic Light Patented in 1923	21 Leo Politi born in 1908 Mayflower Compact Signed in 1620 World Hello Day	22 ● Stop the Violence Day John F. Kennedy Assassinated in 1963 (35th President)	23 Jazz Sunday at the Elks National Cashew Day
24 Charles Darwin publishes 'The Origin of Species' in 1859	25 Andrew Carnegie born in 1835 Crescent Dragonwagon born in 1952	26 Charles Schulz born in 1922 National Cake Day	27 Thanksgiving Day Pins and Needles Day	28 Black Friday Tomi Ungerer born, 1931 Magellan reached the Pacific (1521)	29 ◐ Madeline L'Engle born, 1918 King Tut's Tomb Opened (1922)	30 Jazz Sunday at the Elks Margot Zemach born, 1931 Mark Twain born, 1835



Dr. Billy R. Flowers

THE SPINAL COLUMN™

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

Part 25. Chiropractic and Fitness: The way to wellness in the eighties

Q: I continue to hear that diet and exercising are helpful in maintaining a strong body. But where do I begin? There is so much literature and when I ask my doctor he seems unconcerned. How can I get started?

A: A good way to begin is with the basics. Since 1895 Chiropractic has been the leader in teaching the basics of health to our society. Good health must include proper nutrition. A general rule of thumb is that foods high in fiber are best for you.

Limit your meats and refined foods as well as alcohol. Get plenty of exercise. For most people it only takes an hour or so a week to stay fit. Walking at a brisk pace with good arm swing is excellent. Rest is paramount. Everyone feels better after a good nights sleep. In Chiropractic, we will often recommend relaxation exercises as well. Have a joyful spirit. Scientists know now that our attitudes actually

affect our entire chemistry. Finally, always keep a healthy nervous system. Chiropractic is especially suited for understanding the effect of stress on the nervous system and how to eliminate it. Total fitness can be only a call away and worth so much more than just another pain prescription. Isn't it time you stepped up to safe effective Chiropractic?

Flowers' Chiropractic Office

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