

The Week in Review

Pull up a chair.



AUTHORS



KIDS' ACTIVITIES



LIVE MUSIC



BEER + CARTS



PRESENTS

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Fuel spills into Willamette

A barge spilled an estimated 418 gallons of diesel fuel into the Willamette River in industrial Northwest Portland on Monday while docked at a terminal. Officials said a bunker tank belonging to Kinder Morgan was overfilled which released excess fuel. Clean River Cooperative, a local nonprofit spill response company, is handling the cleanup.

House Party Turns to Gunfire

A Portland teen's unruly house party ended with a shooting and people fleeing the scene. No injuries were reported but police managed to stop a car nearby and arrested several people inside. Payton Smith, 19, who lived in the northwest Portland house, was also arrested on suspicion of furnishing alcohol to minors.

Civil Rights Probe into Classroom Arrest

The Department of Justice announced Tuesday it had launched an investigation into possible civil rights violations for a violent arrest in a South Carolina classroom that was caught on video. The school officer involved came under fire for flipping a black female high school student from her desk to the floor and either dragging or tossing her across a classroom.

Police Chiefs Hear from Obama

President Obama on Tuesday told an audience of police chiefs in Chicago that they are too often blamed for failures in society, but said law enforcement also must make the effort to alleviate tensions with communities. Obama said when police do good work it rarely appears on the evening news, but at the same time pointed to some racial bias in the system.

Sharpton Will Not Deliver Eulogy

Rev. Al Sharpton withdrew as the eulogist for a New York police officer's funeral Tuesday. In an open letter, Sharpton said he feared his presence at Randolph Holder's funeral would be used for "some kind of confrontation."

Leaders Plan Budget Deal

House republican leaders shared a draft of a 144-page bill Monday night which raises the federal borrowing limit and cuts some social programs. The House and Senate must approve the bi-partisan deal to avoid a potential government shutdown.



Beyoncé Releases New Video

International pop-stars Beyoncé and Nicki Minaj collaborated to perform and release a cover version of Prince's "Darling Nikki," sharing the video Monday on Youtube to the surprise of fans.

Aquarium owner arrested

The former co-owner of the Portland Aquarium was arrested this week on charges of having violated a federal prison-release agreement barring him from working at aquariums. In 2013, Ammon Covino, 42, was sentenced to over a year in prison for conspiring to buy protected sharks and rays that were illegally harvested from Florida.

The Portland Observer

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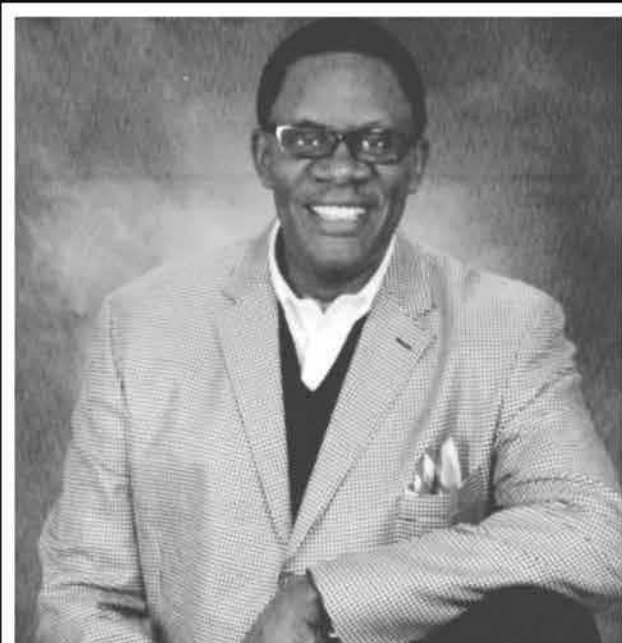
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Part 31. Treatment for Lower Back Injury

Q: My lower back has been aching for months. But I'm afraid of chiropractors, so I haven't seen a doctor. What should I do?

A: Back pain is one of the most common medical complaints for people ages 45 to 65. It's also one of the most common reasons people miss work. Fortunately, not many people need back surgery

because non-invasive treatments help control most back pain. If you have recurring back pain that makes it difficult or uncomfortable to complete your day-to-day activities, experts suggest you see a doctor who specializes in spine diseases and injuries, and who

works closely with other specialties related to the spine. A chiropractor will first rule out any serious conditions you might have, and then work with you to determine the best way to treat your pain.

Flowers' Chiropractic Office

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