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FBI: Killers were 'Radicalized'

(AP) — The couple who carried out the San Bernardino massacre had been radicalized and had taken target practice at area gun ranges, in one case within days of the attack that killed 14 people, the FBI said Monday.

In a chilling twist, authorities disclosed that a year before the rampage, Syed Rizwan Farook's co-workers at the county health department underwent "active-shooter" training in the very conference room where he and his wife opened fire on them last Wednesday.

It was not immediately clear whether Farook attended the autumn 2014 training session on how to react to a workplace gunman, county spokeswoman Felisa Cardona said. It was held for members of the department's environmental health division, where Farook was a restaurant inspector.

On Monday, one employee in the room when Farook and Tashfeen Malik opened fire on a holiday luncheon Wednesday said colleagues tried to do just as they had been trained — find protection and stay quiet.

"Unfortunately the room just didn't provide a whole lot of protection," said Corwin Porter, assistant county health director.



A photograph emerged Monday showing the suspects in the San Bernardino massacre moving through customs in Chicago's O'Hare International Airport last year.

Farook, a 28-year-old born in the U.S. to a Pakistani family, and Malik, a 29-year-old immigrant from Pakistan, were killed in a gunbattle with police hours after the bloodbath.

"We believe both were radicalized

and had been for some time," said David Bowdich, assistant director of the FBI's Los Angeles office. But he said investigators are still trying to establish precisely when, where and by whom they were influenced.

Divisions Erupt on Muslims

The Dec. 2 massacre at a San Bernardino public services building that authorities have tied to a Muslim couple carrying out an act of terrorism have made Muslims in America an issue in the presidential race. On Sunday President Barack Obama urged Americans not to make Muslims scapegoats for the attack but a day later, Republican presidential front-runner Donald Trump called for a ban on Muslims entering the United States.

The Week in Review

Oregon Judges Appointed

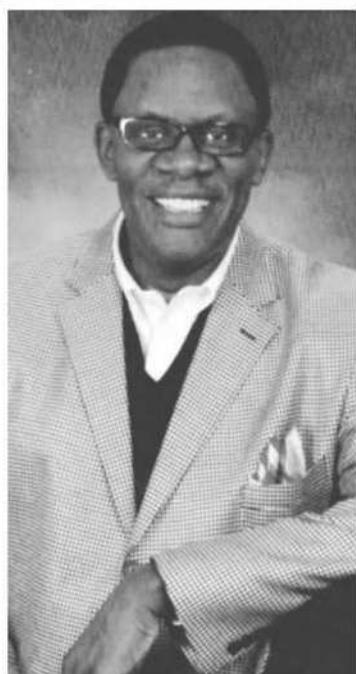
Gov. Kate Brown announced appointments to the Oregon Supreme Court and the Oregon Court of Appeals Monday, including the first Asian American to sit on the Oregon Supreme Court, Lynn Nakamoto. Roger DeHoog will become the second Asian-Pacific American to serve on the Court of Appeals, and Scott Shott was appointed to the Court of Appeals.

Kanye and Kim Baby

Celebrated rapper Kanye West and his wife Kim Kardashian announced the birth of their second child early Saturday. On Monday, Kardashian revealed their newborn son's name, Saint West, over social media.

One Dead in U-Haul Accident

A car crashed during a rainstorm Monday afternoon killing the driver of a U-Haul truck at Northeast Glisan Street between 91st and 92nd avenues around 2 p.m.



Dr. Billy R. Flowers

Q: What age groups can a chiropractor help most?

A: This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

Infant and Young Children

Other mothers are often amazed

to see a mother carrying her infant out of the adjusting room. And yet, since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care.

Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, their irritability is often a sign of the need to be checked.

Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our society develop scoliosis (curvature of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition,

most adults breathe in polluted air, drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffer minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

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