



Sponsored by Nike and modeled after the company's orange shoe box, Biketown is Portland's new bike share system for the inner city and downtown, launching on Tuesday, July 19, with 1,000 bikes available to ride from one point to another for a small fee.

Bike Share System Debut

1,000 rental bikes to dot inner city

Biketown, Portland's new bike share system is ready to launch with 1,000 bright orange rental bikes dotting downtown and close-in neighborhoods.

Starting on Tuesday, July 19, customers who sign up for the service will be able to check out a bike using a smartphone, a com-

puter, a member card, or by typing in their member number and PIN into a keypad.

The Portland Bureau of Transportation, in cooperation with the Nike-sponsored Biketown organization, a company operated by Motivate, the world's leading bike share operator, has installed 100 inner city stations where the bikes will be available. The system was designed for quick trips with convenience in mind, as well as a fun and affordable way to get around.

Annual memberships for Biketown will cost \$12 per month, and include 90 minutes of riding time each day. Single-ride passes for \$2.50 and 24-hour passes for \$12 will also be available for those who want to use the program more occasionally, including tourists.

Nike designed Biketown's standard bike, which is modeled after the Nike orange shoe box. For a map and more information about the rental bike service, visit biketownpdx.com.

The Week in Review

Lead Poisoning Determined Home-Based

The Multnomah County Health Department reported Tuesday that of 519 students tested for lead poisoning at Creston and Rose City Park last month, the two students with positive test results weren't poisoned from drinking water at school. Health officers say the poisoning came from on a home-based threat, like paint or toys containing lead.

Shaky Ground for Portland School Buildings

As if lead in the drinking water wasn't enough to already worry about, at least 20 of Portland's schools will crumble in the event of a major earthquake. A report last week described the schools as either entirely made of unreinforced masonry or have a gymnasium or other building on campus with materials at risk of failure during a major quake.

Portland Community College Teacher Fraud Case

Brent Fuller, an automotive technology instructor at Portland Community College Sylvania is accused of stealing over \$100,000 from PCC by making private purchases with a school-issued bank card. He faces multiple criminal counts of first degree theft, KOIN TV reported last week.

Bernie Sanders Endorses Hillary Clinton for President

Bernie Sanders ended the Democratic Party rivalry between Hillary Clinton and himself Tuesday by announcing his official endorsement of her presidential campaign. "I intend to do everything I can to make certain she will be the next president of the United States," said Sanders.

North Portland Rollover Crash Takes Life

A two car crash in north Portland Saturday morning claimed the life of 58-year-old Diana Miller-Dixon. Investigators blame the crash on speeding, and arrested the other driver, Rayna Johnson, 21, for manslaughter, assault and reckless endangerment.

Pokémon Go Player Attacked on Walk to Store

A 22-year-old male in Forest Grove was stabbed while playing Pokémon Go on his walk to a local convenience store Sunday. Police said he seemed unfazed and refused medical treatment while buying chips and beer before continuing to play the interactive game.

Inmate Takes Down Guards in Michigan

Amid the despair of recent shootings, an inmate in a Michigan jail somehow managed to obtain an officer's gun on Monday, killing two bailiffs and injuring two others before he himself was shot dead by officers. It's believed his motive was to escape

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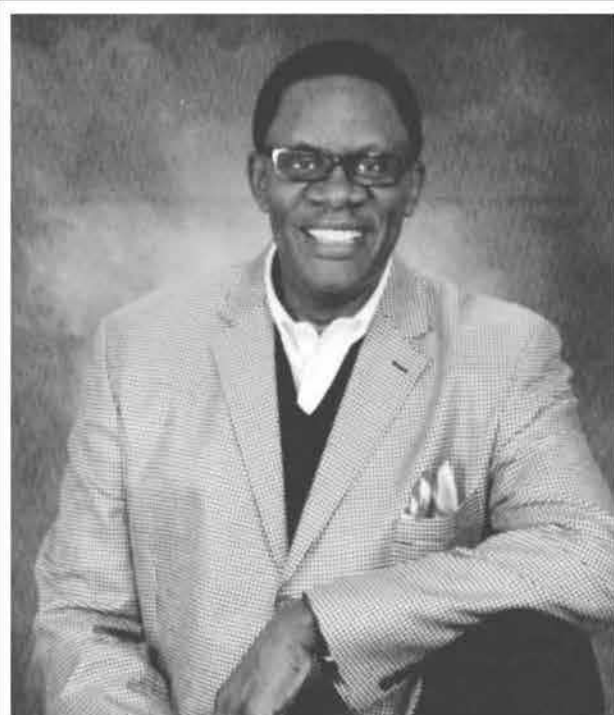
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THE SPINA COLUMN™

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

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

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