

The Portland Observer

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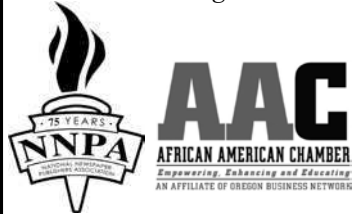
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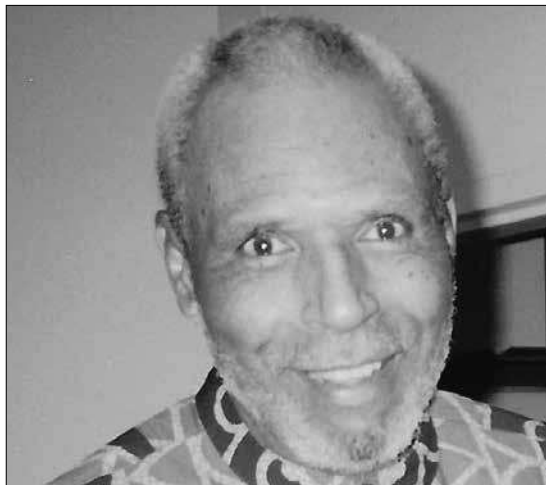
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Distinguished youth leader Useni Perkins.

Youth Leader Welcomed Back

His tenure in Portland was just a couple of years, but the impact he made starting a local organization to connect local black youth to adult men who can mentor them with a positive influence is being felt today.

Useni Eugene Perkins, a distinguished youth worker, poet and playwright from Chicago, started Portland's Coalition of Black Men in 1988 when he served as chief executive officer of the Urban League of Portland.

Perkins had started a similar group in Chicago before arriving in Portland and

later went on to become an esteemed African American History Maker.

Perkins will be a guest of honor when the Coalition kicks off a drive to encourage new mentors at a "Power of Presence-Mentoring our Youth" conference, Saturday, Sept. 24 from 8 a.m. to 12:30 p.m. at the Legacy Emanuel Medical Center Lorenzen Conference Center, 2801 N. Gantenbein Ave.

For information about attending the session, contact Cheryl Thompson at 503-919-6804 or cthompson@cobmportland.org.

north by northeast

COMMUNITY HEALTH CENTER

Now Accepting New Patients!

North by Northeast Community Health Center is the only clinic in Oregon focused on African American health. And we can be your go-to neighborhood clinic!

We are open to new patients with Oregon Health Plan (Medicaid), and we can help you sign up for Oregon Health Plan if you have limited (or no) income and need health insurance. Call for an appointment or more information: 503-287-4932.

3030 NE Martin Luther King, Jr. Blvd. | Portland Oregon 97212
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The Week in Review

Suspected Terrorist Attacks

Eastern states were rocked with suspected terrorist attacks over the weekend. It started with a pipe bomb going off during a military charity event in New Jersey on Friday, a pressure cooker bomb going off in Manhattan later that day, and with a series of stabbings in a Minnesota mall on Saturday. Ahmed Kahn Rahami, the suspect in the bombings, is currently in custody, while the stabbing suspect Dahir Adan was killed on site.

Celebrity Death Responsibility

A new development regarding the tragic and mysterious deaths of Whitney Houston and Bobby Brown's daughter, Bobbi Kristina Brown. A judge ruled Friday that Nick Gordon, Bobbi Kristina's adopted brother and former boyfriend, is legally responsible for her drug overdose death. He may also have to pay upwards of \$50 million in damages to Bobbi Kristina's estate.

PPS Settles Whitehurst Case

Portland Public Schools voted Monday to pay \$250,000 to settle an employee's lawsuit claiming the district allowed former coach

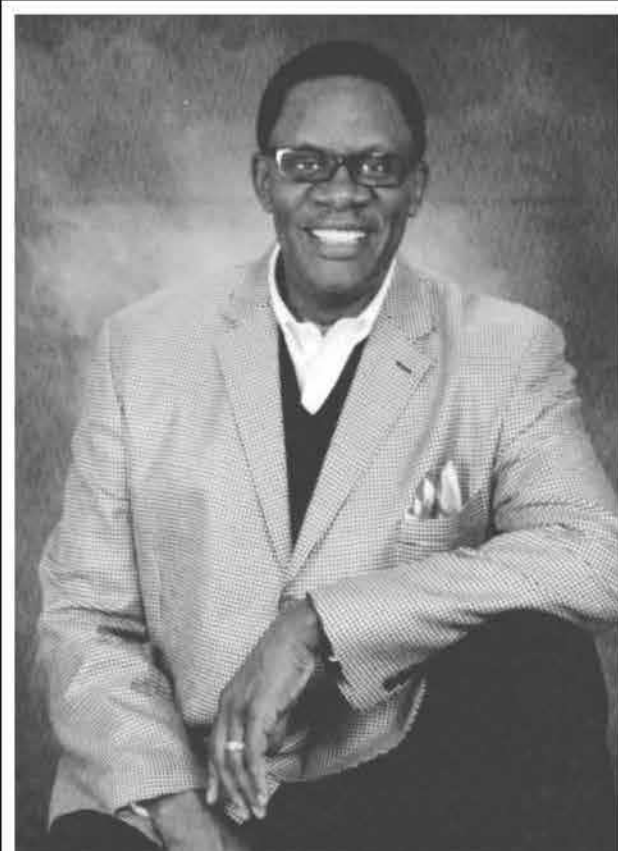
and athletics administrator Mitchell Whitehurst to remain employed for years despite a history of sexual misconduct complaints by students and other staff.

ACLU Blasts Tulsa Police

The Oklahoma ACLU is demanding that the Tulsa Police be held responsible for the Friday death of Terence Crutcher, an unarmed black man. The group said police lied saying Crutcher failed to comply with police commands and died in route to a hospital, citing videos showing him with his hands in the air as he was shot and with two minutes going by before officers checked on his lifeless body.

Teen Shot and Killed

An 18-year-old man was shot to death near Cesar Chavez School in north Portland Monday evening. Police did not have any information regarding the man's identity or who shot him, as there were no witnesses to come forward. Police say they don't believe the shooting occurred at the location where the body was found. Anyone with information is asked to call police.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 6. HEADACHES: Why Chiropractic is nature's long-lasting pain reliever.

Q: I always seem to be plagued with headaches. They come up over my head and seem to stop at my eye. What can Chiropractic possibly do to help me?

A: About 70% of all people experience headaches of one sort or another. The type you describe is quite typical. The pain can range anywhere from moderate to nauseating. The top three nerves in the neck go up over the back of the skull in a very similar pattern to what you describe. Any type of pressure or irritation on these nerves can cause

extreme pain. Your problems could be nerve-related and therefore, stand a very good chance of being relieved by Chiropractic.

Q: Why should I go through a full course of Chiropractic when drugs often relieve my headaches?

A: Drugs work primarily on relieving pain, but not on treating the cause of the headache. What's more,

drugs have serious side effects. The only side effects of Chiropractic are relief from pain and a healing of the cause of pain. To find out how Chiropractic could help relieve your headaches or for answers to any questions you might have about your health, please call us at the telephone number listed directly below.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504