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~Paula Hayes, owner, Hue Noir

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## The Week in Review

### Landlords File Suit

An emergency ordinance requiring landlords in Portland to pay moving expenses when they evict tenants without cause was passed by the Portland City Council last week in response to the housing crisis impacting low income residents. But by Tuesday, the rule led to a lawsuit by two property owners who claim it conflicts with state law prohibiting rent control. House Speaker Tina Kotek of north Portland, meanwhile, pledged Monday to help change the state law.

### No Roving Protests at PDX

Portland International Airport will no longer allow roving protests. The change policy was issued last week following the large protests that erupted over the previous weekend over President Trump's executive order on immigration. The Port of Portland will now offer Free Speech Permits that designate a zone for protests outside the airport terminal.

### Iman Delivers Invocation

Imam Muhammad Najieb, director of the Muslim Community Center of Portland, opened the 2017 legislative session in the Oregon House of Representatives last week by reciting the opening chapters of the Quran. Oregon House Speaker Tina Kotek invited Imam Najieb to deliver the invocation.



### Bicyclist Killed in Bike Lane

A 53-year-old male riding his bicycle in the northbound bike lane on Interstate Avenue was killed Monday when a truck driver travelling in the same direction made a right turn onto Farragut Street. Officials said preliminary information indicates that neither impairment nor distracted driving were fac-

tors in the crash,

### Mumps Cases Grow

An ongoing outbreak of the mumps virus has continued to grow in Washington state with at least 367 people either diagnosed or suspected of having the mumps, according to the Washington State Health Department. The vast majority of those infected have been school-aged children, officials said.

### Hedgehog Calls Early Spring

FuFu, an African pygmy hedgehog at the Oregon Zoo, did not see her shadow on Groundhog Day, meaning an early spring could be in store here in the Northwest. Hedgehogs and not groundhogs are the real weather experts of the animal world, according to the zoo animal curator Tanya Paul, who oversaw the Feb. 1 prediction.



### Legal Fight to Stop Pipeline

The Standing Rock Sioux tribe is promising a legal battle after the Army said Monday that it's clearing the way for completion of the Dakota Access oil pipeline. Tribal attorney Jan Hasselman says the government "will be held accountable in court."

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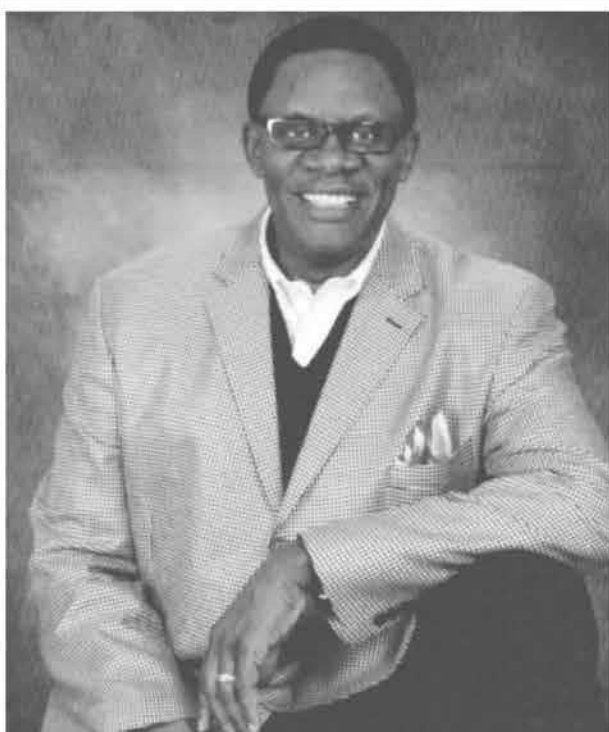


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Dr. Billy R. Flowers

## THE SPINA 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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