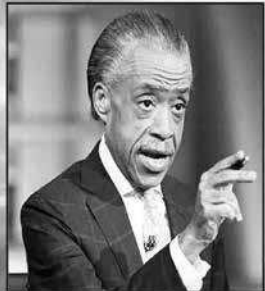


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Rev. Al Sharpton
10am - 1pm



D. L. Hughley
3pm - 7pm

MONDAY - FRIDAY

12 Midnight - 3 A.M.
MIKE SHANNON

3 A.M. - 7 A.M.
TOM JOYNER

7 A.M. - 10 A.M.
TONI TERRELL

10 A.M. - 1 P.M.
REV. AL SHARPTON
(KEEPING IT REAL)

1 P.M. - 3 P.M.
KENNY SMOOV

3 P.M. - 7 P.M.
D.L. HUGHLEY

7 P.M. - 9 P.M.
PAPA SMURF

9 P.M. - 12 Midnight
MIKE SHANNON

SUNDAY

12 Midnight - 3 A.M.
MIKE SHANNON

3 A.M. - 6 A.M.
TOYA BEASLEY

6 A.M. - 12 NOON
SUNDAY MORNING GOSPEL
W/ANGELA

12 NOON - 1 P.M.
HIGHLAND C.C. LIVE
BROADCAST

1 P.M. - 4 P.M.
PAPA SMURF

4 P.M. - 12 Midnight
DOUGLAS WILLIAMS



Tom Joyner
3am - 7am



The Week in Review

'77 Blazers Lead Parade

On the 40th anniversary of the Trail Blazer's historic World Championship win, the Portland Rose Festival honored the team as grand marshals of Saturday's Grand Floral Parade. Players Bobby Gross, Lloyd Neal and Larry Steele road a float with fresh roses and team colors sporting the championship trophy.

Racial Slurs Hurdled

Parents were warned to be vigilant after a student of color at Hosford Middle School in southeast Portland was harassed at a bus stop Thursday by men who shouted racial slurs at him. Other students witnessed the incident and a police report was filed soon after.

Racist Workplace Charged

A Portland area woman filed a \$600,000 lawsuit against Comcast last week claiming the company terminated her for filing complaints about a racially hostile work environment. In one of the allegations, Bridget Cooks,

48, claims a male co-worker constructed a noose in front of her in an attempt to intimidate her.

MAX Heroes Honored

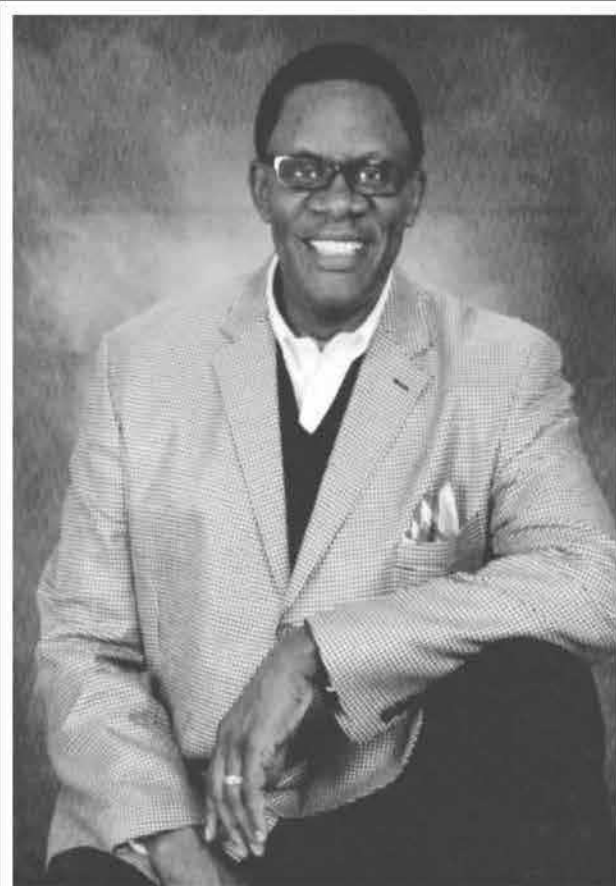
Oregon Sens. Ron Wyden and Jeff Merkley sponsored a resolution to honor the heroes from the May 26 attack on TriMet that passed the Senate last week. Ricky Best, Taliesin Myrddin Namkai-Meche and Micah David-Cole Fletcher intervened during a hate crime targeting two girls. Best and Namkai-Meche lost their lives in the attack.

Apology for MAX Scare

Wilfredo Reyes, 59, was arrested for leaving a suspicious looking backpack with wires sticking out of it on a MAX train at the Hollywood Transit Center Friday and calling 911. He then admitted it was a hoax and said he was sorry. Bomb technicians were called in and the MAX lines were shut down for several hours after the incident.

Housing Costs Rise

A report issued last week from the National Low Income Housing Coalition shows Portland housing cost has jumped 27 percent over 5 years. The report shows that it takes an hourly wage of \$19.78 to afford a modest apartment.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 8. CONSTIPATION:

The backing up of body's sewage system.

Q: Nothing has ever really helped my constipation. What can Chiropractic possibly do?

A: As a natural form of healing, there is much a Chiropractic and the improved lifestyle we recommend can do to remove the immediate distress and long term health hazards of constipation. But before we begin, you should understand that constipation takes two approaches. The first is the tight, sometimes painful feeling in the lower back area. The second and more insidious type is what we call "hidden constipation." This is

when we seemingly move our bowels regularly, but never completely eliminate everything in our colon (large intestine). This causes the colon to back up and spread toxic poisons throughout the body. This can lead to everything from sinusitis to allergies to arthritis. Chiropractic can help to alleviate this problem by gently turning nerves back on in the colon and small intestine. It is not uncommon for a patient to have two,

three or even four bowel movements after the first adjustments on his or her spine. A man with FBSS (failed back surgical syndrome) went home and had 12 bowel movements that night. And he claimed he wasn't even constipated! Whatever questions you might have about health and healing, you'll find that Chiropractic is often the answer. Call us for an appointment today.

Flowers' Chiropractic Office

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The Portland Observer

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