

Vindication for Kitzhaber

Federal prosecutors said Friday they have ended the investigation of former Gov. John Kitzhaber and his fiancé, Cylvia Hayes, a stunning vindication for Kitzhaber who has always insisted he did nothing wrong.

Trump Reverses Cuba Policy

After nearly three years of warming relations between the United States and Cuba, President Donald Trump announced Friday that his administration will unravel many of his predecessor's policies.

Celebrating Gay Pride

Thousands of Portlanders took to the streets to celebrate gay rights and the LGBTQ community. Portland Pride Week included several marches, including a Trans Pride March and a Pride Parade.



Cosby Mistrial Declared

A judge in Montgomery County, Pennsylvania de-

The Week in Review

clared a mistrial in Bill Cosby's sexual assault case after a jury last week was unable to reach a verdict. The 79-year-old comedian and entertainer was charged with drugging and sexually assaulting the victim years ago.

Rock Group Slants Win

The Slants, a Portland rock group, has won the right to trademark their name, which was formerly determined to be disparaging by the U.S. Patent and Trademark Office.



Deadly Navy Ship Collision

A U.S. Navy destroyer, the USS Fitzgerald, collided with a cargo vessel off the Japanese coast Sunday, prompting a search for seven sailors who were later found dead in a damaged section of the ship.

Shot Congressman Improves

The condition of House Majority Whip Representative Steve Scalise, R-La., has been updated from critical to serious, following last Wednesday's shooting attack on GOP lawmakers who were practicing for a congressional baseball game.



Named after the first African American elected to public office in Oregon, the Gladys McCoy Academy, located at 3802 N.E. Martin Luther King Jr. Blvd., will be torn down to make room for condominiums.

McCoy Academy Coming Down

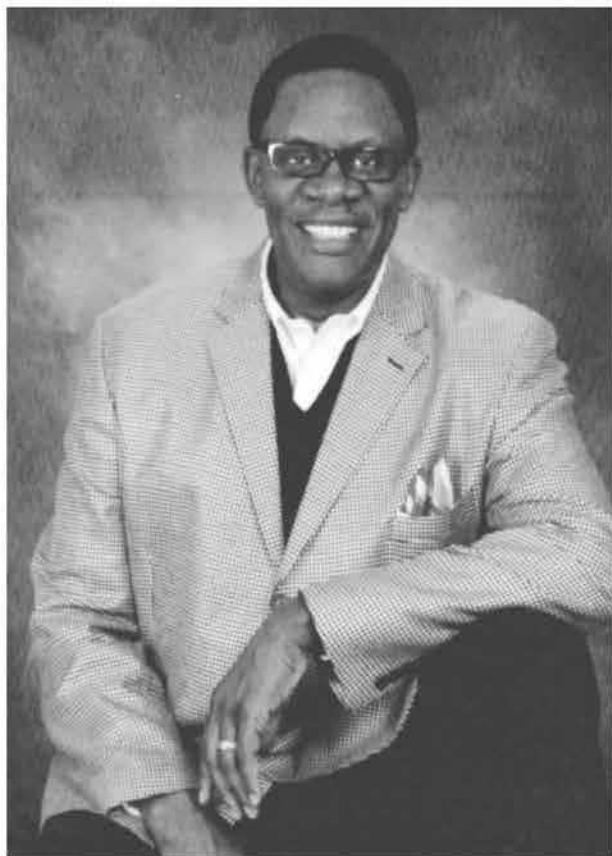
BY CHRISTA MCINTYRE THE PORTLAND OBSERVER

The Gladys McCoy Academy handed what could be their last graduating class their high school diplomas on Friday evening. The historic building on Northeast Martin Luther King Jr. Boulevard that has housed the school for 25 years has a date with wrecking crew and will be replaced by

condominiums. The school has historically been a safe refuge for low income youth who had previously dropped out or are at risk of dropping out of school.

The Portland Observer reported on the alternative school's financial struggles in the face of gentrification last December. Since

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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 9. Low Back Surgery:

The unkindest and most unnecessary cut of all.

Q: Should I try chiropractic for my low back pain or have surgery and get it "fixed right?"

A: We hear this question quite often and considering many physicians' pro-surgery preoccupation, it's no wonder people ask such questions. That is, until they examine the facts. The truth is that in about 90% of low back pain, the problem is mechanical. Chiropractic has had and continues to have the best technique for treating spinal mechanical problems through gentle, exact adjustment with highly skilled hands. And Chiropractic re-

quires no drugs, surgery, recuperation or expensive hospital bills. With Chiropractic, the only side effects are the disappearance of symptoms and the recurrence of vitality.

Q: Which technique has better results for low back problems, Chiropractic or surgery?

A: According to a recent issue of Computer Medicine, low back surgery is one of the least effective procedures. In fact, 75 to 99% are

unsuccessful. Before you make any decision, heed the advice of the "father" of low back surgery: "exhaust all methods of conservative care before considering surgery to the lumbar (low back) spine." To find out how Chiropractic can help you avoid back surgery, or for answers to any questions you might have about your health, please call us at the phone number displayed below.

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