

## McCoy Academy Clarification:

McCoy Academy normally enrolls 15 students in their program for at-risk youth with as many students on the wait list. With 10 students graduating this year, there are five students left to join the incoming class next fall if the school can be saved. "We really need help at this point," school executive Rebecca Black said, in clarifying the enrollment numbers from an article in last week's issue. The 25 year old McCoy Academy building site on Northeast Martin Luther King Jr. Boulevard is slated for demolition and the academy must move in the next few days. You can visit their website on Oregon Outreach to make a donation: <http://oregonoutreach.org/how-can-i-help/donate/>.

# Former School Manager Hired

An experienced personnel manager who last month resigned as chief human resources officer for Portland Public Schools started work Monday as the new human resources director for Prosper Portland, the former Portland Development Commission.

Sean Murray brings a depth and breadth of public HR experience, said Kimberly Branan, executive director of Prosper Portland. "We look forward to



Sean Murray

his expertise in HR best practices, his strategic thinking, and leadership as we continue our focus on being an equitable, innovative, financially stable agency."

Murray formerly directed a team of 45 human resource professionals that supported more than 7,000 employees for the Portland School District. Prior to that role, he was HR manager for the Portland Police Bureau. He also was a labor relations co-

ordinator and HR coordinator for the Bureau of Human Resources at the city of Portland.

"I'm eager to contribute to an agency that is working to make the city a better place and doing so in ways that benefit all Portlanders," said Murray.

Murray serves on the board of the Urban League of Portland and Building Blocks for Success. He holds a bachelor's degree in sociology from California State University, Chico.

### Victim's Credit Card Stolen

A homeless man charged with stealing a backpack and wedding ring from one of the victims of a double murder on a MAX train last month is now facing a new charge of identity theft. George Elwood Tschaggeny, 53, was charged last week for stealing a credit card from the victim to make 5 charges on the day he was killed.

### Mother, Son Shooting Arrest

A 23-year-old man was arraigned Monday on charges of shooting a Gresham mother and her 9-year-old son last month. Nakiem Brown pled not guilty to multiple counts of attempted murder. Police say

## The Week in Review

Brown is a Hoover gang member and believe the shooting was related to the 2014 murder of pregnant Ervaeva Herring.

### Brown Family Settles

The family of Michael Brown, the teenager whose fatal shooting in Ferguson, Missouri by a white police officer sparked outrage and days of protest, settled its lawsuit last week against the city for \$1.5 million dollars.

### Castile Mother Wins Case

The mother of Philando Castile

was awarded a settlement Monday nearing \$3 million dollars in the case of his fatal shooting in front of his girlfriend and daughter by a police officer after being pulled over for a broken tail light in St. Anthony, Minnesota last year.

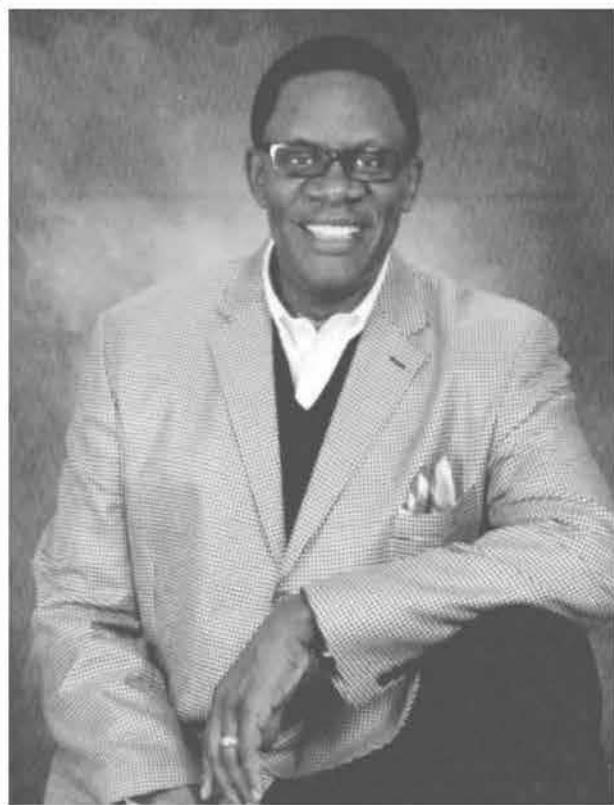
### Health Care Bill Delayed

The vote on a new health care bill by Senate Republicans was delayed Tuesday after several GOP senators indicated they were not prepared to vote for the proposal. The latest plan to replace the Af-

fordable Care Act would see 22 million Americans lose health insurance coverage, make deep cuts into Medicaid, raise health care expenses by individuals, and give tax breaks to the wealthy.

### Court Takes Muslim Ban Case

The Supreme Court cleared the way on Monday for President Trump to prohibit the entry of some people into the United States from countries he deems dangerous, but the justices imposed strict limits on Mr. Trump's travel ban against six Muslim countries while they examine the scope of presidential power over the border.



Dr. Billy R. Flowers

## THE SPINAL COLUMN™

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

### Part 10. Fatigue: A cure for people sick and tired of being of being sick and tired.

**Q:** I seem to be tired a lot lately. Does that mean I need iron?

**A:** The most common reason patients come into our office is because of some type of pain. But many of these people are also suffering from fatigue. Fatigue that makes the eyes burn slows down the healing process and makes you wonder why you don't feel as well as you used to. Obviously, there can be many causes of fatigue. Diet is certainly one of them. It's a subject we'd be happy to discuss

with you in detail. Another cause, however is often stress. Many of you have probably heard of the "Fight Or Flight" syndrome. When the body is stressed, it responds with a combat-ready posture. In analyzing many such patients' x-rays, we find the head angled forward and the back arched in this highly-stressed position. After Chiropractic adjustment, this condition is often vastly improved.

Patients come back well-rested, telling us they just had their best night's sleep in ages. If you think the stress of everyday life might be wearing you down and preventing your body from warding off illnesses, call us for an appointment. Or if there are any other questions you might have about your health, just call us at the phone number below.

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