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## The Week in Review

### Minimum Wage Increase

The minimum wage increased by \$1.50 per hour in the Portland metro area Saturday and by 50 cents per hour in the rest of the state. An estimated 301,000 jobs — about one in seven jobs in the state — was expected to see the pay increase which was enacted by the Legislature last year to take effect July 1, according to the Oregon Employment Department.

### Supporting Net Neutrality

City Commissioner Dan Saltzman joined Mayor Ted Wheeler, Oregon U.S. Sen. Ron Wyden and other advocates Friday in support of a proposed city resolution denouncing the Trump administration's proposal to repeal Obama-era rules protecting the freedom of the Internet. "Net neutrality is a pocket book issue for American households," said Wheeler.



### Strip Club Owners Sentenced

A federal judge last week sentenced Kandace Desmarais, 65, and her brother, Gilbert "Mace" Desmarais, 52, to two years in prison for their roles promoting prostitution at a former Cully neighborhood strip club in northeast Portland and nine other area strip clubs and adult video stores. They also were charged with conspiring to evade more than

\$728,000 in federal income taxes from \$2.6 million in revenues from strip shows and prostitution.

### War on Sanctuary Cities

House Republicans joined President Donald Trump on Thursday in declaring war on sanctuary cities -- passing legislation targeting the cities' funding while hammering a message of the dangers posed by undocumented immigrants. The bill would also increase maximum penalties for undocumented immigrants who repeatedly enter the country illegally after deportation.

### Bus Driver Assault Arrests

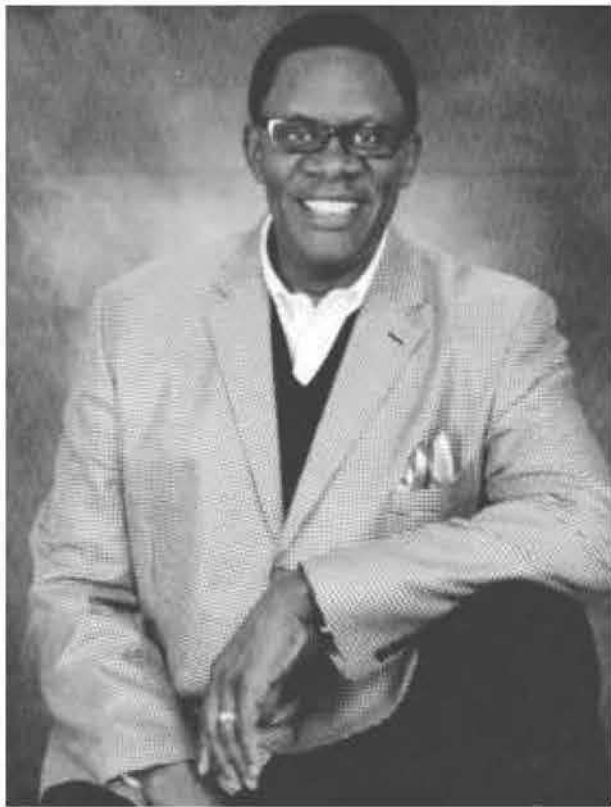
Three teenage girls were arrested last week after the public helped identify them for assaulting a TriMet bus driver. Portland Police arrested 18-year-old Jada Thompson, a 14-year-old girl and a 17-year-old girl for the June 9 attack. Officials allege the girls spit on and pepper sprayed a TriMet bus driver in the area of Northeast 42nd Avenue and Holman Street.

### Vatican Cardinal Charged

A high ranking leader of the Catholic Church said on Thursday he will take a leave of absence from his post after Australian authorities charged him with multiple counts of sexual assault. Victoria state police summoned Cardinal George Pell, 76, the Vatican treasurer, to appear in Australian court to face what they are calling "historical sexual assault offenses."

### Confederate Flag Lawsuit

A black Mississippi citizen is taking his case against the state's Confederate-themed flag to the U.S. Supreme Court. In papers filed last week, attorneys for Carlos Moore argue that the flag is a symbol of white supremacy that harms him and his young daughter by violating the Constitution's guarantee of equal protection to all citizens.



Dr. Billy R. Flowers

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### PART 11. EXERCISE: Does it help low back problems, or only make them worse?

**Q:** A friend of mine showed me a series of exercises designed to help her low back problems. Is it all right for me to use them, too?

**A:** It would be enlightening to know the number of people with qualified back problems (fixation on the spinal joints) who are told they only need to exercise. They are given a brief exam and a sheet of stretching exercises to follow. They are led to believe nothing else need to be done. This is only incomplete therapy, it is also therapy that could

easily lead to very disastrous side effects. When we exercise and stretch muscles without removing the cause of the spasms, it actually forces the body to degenerate faster. You are better off to have done no exercising at all. In Chiropractic, we know the exercise is an important part of health, but only after Chiropractic care has removed the spi-

nal fixations that caused the problem in the first place. Then and only then can the spine be correctly stretched and strengthened without traumatizing muscles and nerves. For a safe, gentle accurate assessment of your spinal situation or for answers to any questions you might have about your health please call our office.

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