The Week in Review

Activist Groups Clash Downtown

A coalition of civil rights activists gathered for a Portland Stands United Against Hate rally Sunday to protest a white nationalist group known as the Patriot Prayer which was rallying at the same time. Some fighting broke out between factions and three arrests were made, according to police.

Smoky Skies Close Pools, Outdoor Activities

Portland Parks and Recreation was forced to close outdoor pools and cancel outdoor activities for safety reasons on Thursday and Friday last week because Portland's air quality index was rated "unhealthy" by the Environmental Protection Agency. Air quality improved slightly in recent days, but wildfires across the Pacific Northwest and Canada were still causing unhealthy air conditions in some areas.

Schnitzer Recycling Yard Catches Fire

Firefighters worked until early Sunday evening fighting a fire at a Schnitzer Steel Industries metal recycling site in north Portland. Fueled by grease and oil, it sent thick, black and gray clouds of smoke into the air that could be seen for miles. Firefighters had to pump water from the Willamette River to put the fire out.

Bull Run Water Fix to Cost Plenty

Portland homeowners are expected to pay about $10 more per month for water throughout the next 16 years to cover the cost of a new filtration treatment plant approved unanimously by the City Council last week. Federal law requires the city to treat the water supply for a specific parasite. Mayor Wheeler says council members settled on the most challenging and expensive solution, because it's the most "responsible solution."

Deadly Car Crash with MAX Train

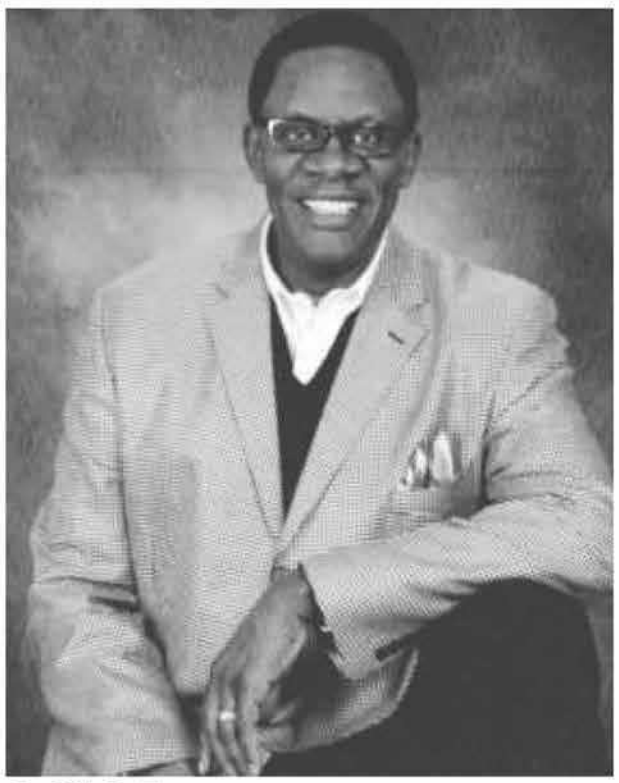
A motorist died Sunday afternoon when her car crashed into a MAX train at Southeast 99th Avenue near Burnside Street. Police the driver was 69-year-old Carmen Langes of Portland. There were no other reported injuries.

Marshall High School Hit by Vandals

Sometime late Friday night or early Saturday morning vandals broke into the former Marshall High School, the southeast Portland school which will be used this fall as Grand High School is remolded. Windows were broken and extensive damage was done, but it won't delay the opening of school, said Grant High School Principal Carol Campbell.

Coach Hired by Knicks

Craig Robinson, former Oregon State Beavers men's basketball coach and brother-in-law to former President Barrack Obama, has been hired by the New York Knicks, according to league sources who say that Robinson's role will include player development and he'll serve as general manager of the Knicks' development G League team, the Westchester Kicks.



Dr. Billy R. Flowers

THE SPINAL COLUMN™

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

Part16: Chiropractic VS. Morning Stiffness: A deadly blow to the agony of awaking.

Q: I used to be so stiff in the morning I could scarcely tie my shoes. Worst of all I was only 37 years old. Now that's all changed since coming to your office. I'm eternally grateful to you and Chiropractic. I just don't see how it works so well, particularly with-out medication.

A: We very much appreciate your kind compliment. It is true that many of our patients do rest better at night and wake up feeling more relaxed and refreshed. Chiropractic works by taking the stress and irritation off the nervous system. As the nervous system gets well, you will notice that the spine begins to lose the rigid stiff feeling that it had. Muscles can begin to relax because they don't have to work to make the body bend and move. When the nerves are finally as healthy as they should be, the body will reflect that by being flexible and well rested. If you have had problems with muscle stiffness, trouble resting or if waking up gives you the feeling that you've been through World War II, it's a great time to wake up to the feeling of Chiropractic! Call today for an appointment. Isn't it time you stepped up to Chiropractic?

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • **Phone: (503) 287-5504**

The Portland Observer Established 1970 ---------- USPS 959 680 ---------- 4747 NE Martin Luther King, Jr. Blvd., Portland, OR 97211

PUBLISHER: *Mark Washington, Sr.*
EDITOR: *Michael Leighton*
EXECUTIVE DIRECTOR: *Rakeem Washington*
ADVERTISING MANAGER: *Leonard Latin*
Office Manager/Classifieds: *Lucinda Baldwin*
CREATIVE DIRECTOR: *Paul Neufeldt*
REPORTER/WEB EDITOR: *Christa McIntyre*
PUBLIC RELATIONS: *Mark Washington Jr.*
OFFICE ASSISTANT/SALES: *Shawntell Washington*
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CALL 503-288-0033 FAX 503-288-0015
news@portlandobserver.com • *ads@portlandobserver.com*
subscription@portlandobserver.com
Postmaster: Send address changes to Portland Observer , PO Box 3137 , Portland, OR 97208

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