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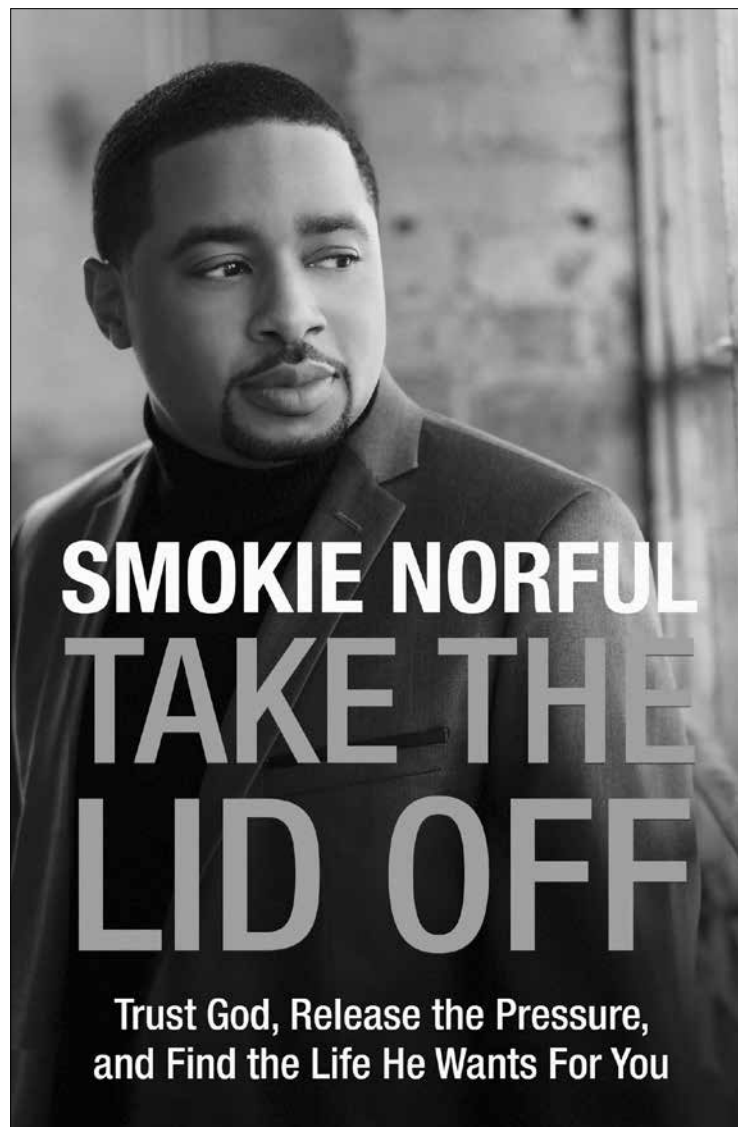
web page: www.sunlanlighting.com
E-mail: lightlady@transport.com
3901 N. Mississippi Ave. • Portland, OR 97227
503.281.0453 Fax 503.281.3408

Gospel Artist's First Book

When the pressure of life seems to boil over—and it does for everyone—pastor and Grammy-winning musician Smokie Norful has one piece of advice: Take the lid off.

This concept was inspired by watching his grandmother make her signature dish of sweet rice. When the heat got too high, the pot began hissing and boiling over, like it was about to explode. His grandmother would remind him the only way to avoid an eruption is to remove the lid. Similarly, he writes that the only way to avoid an emotional overload is to take our own lids off—that is, to stop being trapped inside ourselves and instead look to God and his grace to show the strategy for becoming all he intends us to be.

This is the premise behind Norful's new book "Take the Lid Off: Trust God, Release the Pressure, and Find the Life He Wants for You." Norful is the founder and pastor of Victory Cathedral Worship Center, a large congregation with three campuses in the Chicago area.



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Dreamers Abandoned

CONTINUED FROM FRONT
and split apart families.

"It goes against our American values and further divides our nation," Wyden said. "I will be fighting tooth and nail alongside my Senate colleagues to preserve the ability of these young people to continue to contribute to our country. Congress must come together and

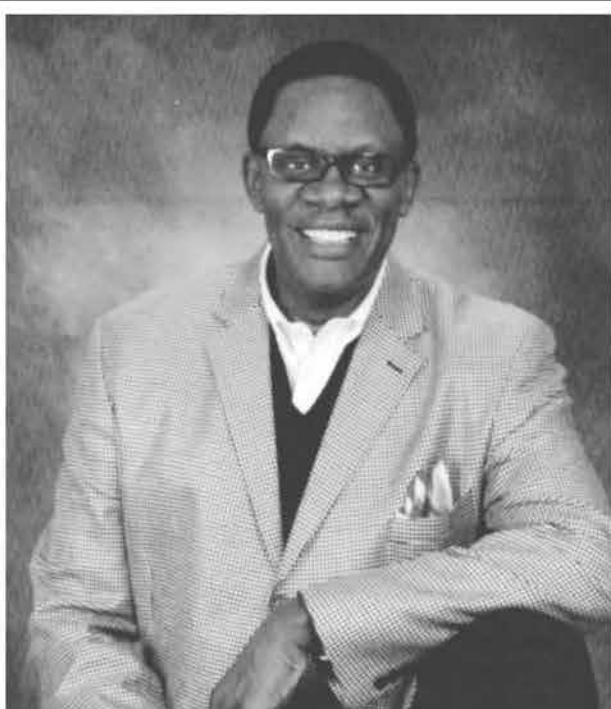
work on comprehensive immigration reform and a fair path forward for Dreamers."

Attorney General Jeff Sessions outlined Trump's decision Tuesday at a press conference at the Justice Department, arguing that the program, created by President Obama, was unconstitutional and was an executive branch overreach.

The acting secretary of the

Department of Homeland Security, Elaine Duke, issued a memorandum later the same day formally rescinding DACA and phasing it out.

DHS is providing a six-month window in which it will adjudicate pending requests and will give Congress a chance to pass a legislative alternative. As a result, the program will end at different times for different people, expiring on a rolling basis.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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Part 19. The Golden Years: Keeping in full swing throughout the autumn of life

Q: Back when I was younger, I loved playing golf. Now some-thing is always hurting so I don't dare play! Could you help?

A: It is so unfor-tunate that millions of our senior citizens have worked and saved and give to their Community only to find the "golden years" more "old" than "gold". Right at the height of their freedom, they often find it difficult

to get around, their old activities. Unfortunately, it is often thought that they must "learn to live with it" or be given yet another pain pill. Actually that may be anything but true. In our office we commonly see people in their seventies and eighties. And they love the

spring in their step and the twinkle in their eyes they get through Chiropractic. Why don't you get back in the swing of things again? Give us a call today. Isn't it time you stepped up to Chiropractic? Life's "golden years" truly can be golden once again!

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