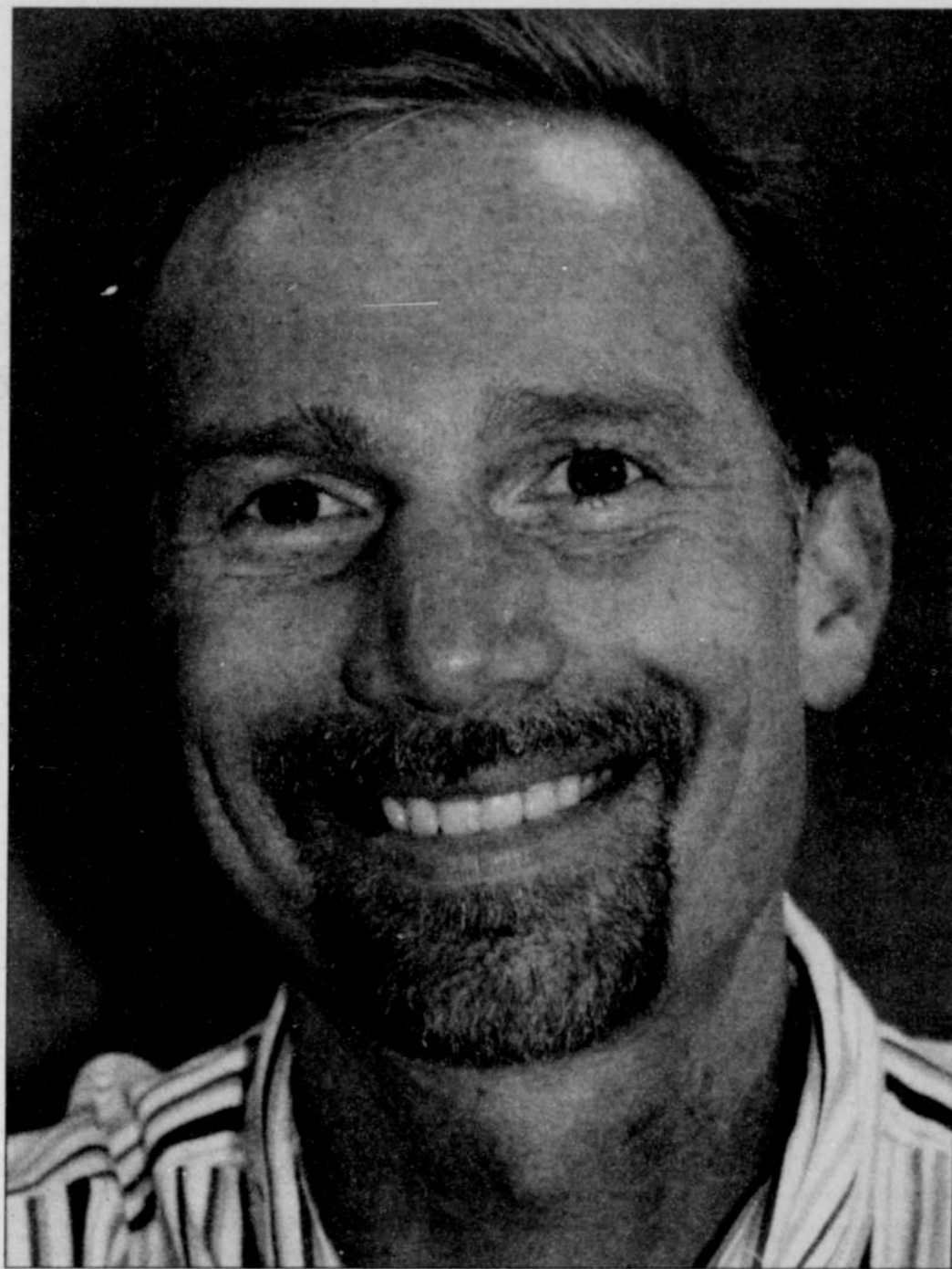


outstanding

Sound Body

Ted Ellquist graduated from Loma Linda University with a physical therapy degree in 1990 and started working in the field. In 1995 he came out to his family. After moving from California to Massachusetts, then Minnesota, Ellquist chose Portland as a place to settle down. Having developed his skills with the McKenzie Method, he decided to pursue his dream of opening his own business, Back in Action, and is marketing himself as the gay community's physical therapist. Ellquist is developing his business and is working three days a week in the office. He is able to bill most insurance companies for his services.



MARTY DAVIS

Physical therapist Ted Ellquist of Back in Action wants Portland's queer community to feel its best.

My name is Ted Ellquist.

I am known as a physical therapist.

My cause is to provide effective treatment for people with musculo-skeletal problems in the GLBT community.

I am 40 years old. I feel 20 years old.

Right now, I'm at 2538 N.E. Broadway.

My childhood ambition was to be a healer.

My first same-sex crush was on my brother-in-law's brother.

I like to spend my down time walking my dog, Buddy, enjoying Portland's changing seasons, traveling, watching movies and dressing in leather.

My proudest moment was when I graduated from the physical therapy program at Loma Linda University.

My biggest challenge is marketing myself for my physical therapy business.

A perfect day in Portland would be spent having breakfast at one of Portland's many local neighborhood bistros, going for a hike or bike ride during a sun break and sitting by the fire, sipping hot chocolate and watching a fantasy drama.

My first job was picking watermelons at 5:30 a.m. in Redding, Calif.

My vice is eating chocolate anything.

My inspiration is looking at the beauty in nature, watching happy people and observing awesome accomplishments of mankind.

The last queer or philanthropic event I participated in was volunteering as physical therapy support at a tennis tournament in Beaverton.

My highest hope for the cause is to have a GLBT community with complete, equal rights that supports each other despite our differences through seeing what we all really have in common. 10

—Melanie Altaras

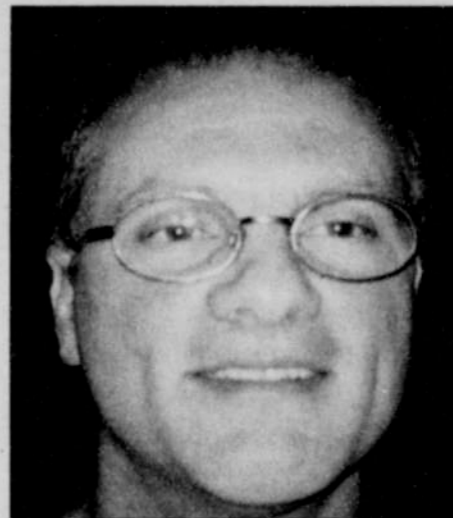
just asking

Just Out asked readers, "What is your best or worst holiday memory?"



DELORES HANKINS
Tile Lake Fourth of July Queen, 1982

"My memory is from the New Year's Eve when I asked my partner to marry me 13 years ago. It was very romantic and sexy."



FRANK RODRIGUEZ
Rehab Supervisor for Kaiser Permanente

"One of my best holiday memories is when I was living just outside of Chicago and my family all came to visit during a huge storm. I couldn't believe that my mom, dad, sister and her two kids drove through the snow, but we had the best time."



BRIAN MOORE
Architectural Drafter

"Every Thanksgiving, my dad would make gallons and gallons of his homemade eggnog, thinking it was the best in the world, and we'd be forced to drink it. It was awful. I like eggnog, but I just buy it at the store."



GINA DIAZ
American Sign Language Interpreter

"My favorite Christmas memory is spending Christmas with my partner and both of our moms. Just the four of us, waking up on Christmas morning, opening presents, playing games and spending the day together with my three favorite people."



Diane Flanders
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