

METRO *Life*

The Portland Observer

SECTION B

Community Calendar

Online Adopt-a-Pet

The Oregon Humane Society has put a new twist on on-line personals. With just two clicks, those looking for a loving pet can find it with the dog, cat, rabbit or rodent of their choice by logging on to www.oregonhumane.org. Those interested in pet adoption can scroll through photos of all the pets available for adoption at the northeast Portland shelter and read pet profiles that are expanded daily.

Prostrate Cancer Prevention

Providence is offering a new class for reducing the risk of prostate cancer on Thursday, March 27 from 7 p.m. to 8:30 p.m. at 4805 N.E. Glisan in the Providence Social Room. The class, called "Can Diet, Supplements and Herbs Reduce the Risk of Prostate Cancer?" will be led by Dr. Miles Hassell, director of the Providence Integrative Medicine Program. For more information, call 503-216-4687.

Community Wellness Fair

Holladay Plaza Park, located across from the Lloyd Center, will host a community wellness fair on Friday, March 28 from 10 a.m. to 2 p.m. There will be several guest speakers and workshops lined up throughout the day to discuss with attendees such topics as healthy cooking, blood pressure and diagnostic screening, fitness and glucose testing as well as alternative and oriental medicine. There will be refreshments, door prizes, raffles and giveaways throughout the day. For more information, call 503-280-2221.

Shrine Circus Visits Saturday and Sunday

The Shrine Circus will return to the Memorial Coliseum on Saturday, March 29 and Sunday, March 30 with shows at 2 p.m. and 7 p.m. on Saturday and at 2 p.m. on Sunday. This family fun show for "kids of all ages" features a full three-ring circus with clowns, acrobats, aerialists, elephants and tigers. Tickets are available by calling 503-682-4420 or at the door prior to each performance.

Juneteenth Talent Search

The Juneteenth Association Northwest and Doris Café and Lounge invite the community to a talent search for performers for this year's Juneteenth Celebration. Categories include gospel, jazz, blues, musicians, vocalists and comedians. The search will be judged by audience participation at auditions to be held at Doris Café, located at 325 N.E. Russell, on Sunday, March 30 from 3 p.m. to 8:30 p.m. For more information, call 503-287-9249.

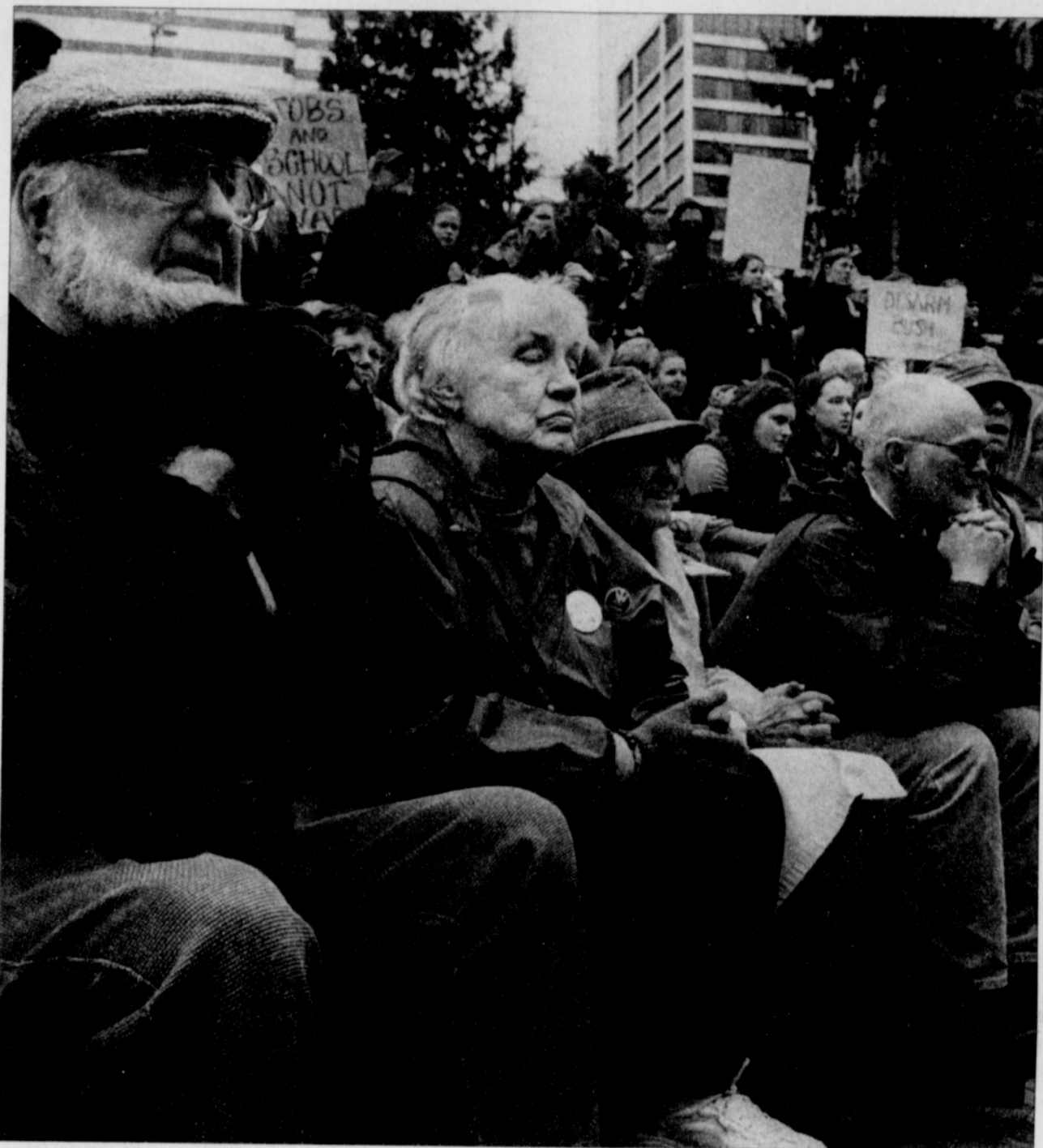
Learn to Sing at MHCC

Mount Hood Community College is always looking to add voices to its community-based choir. No audition is required. Those interested can share their joy for music while learning to sight-read, improve vocal technique, explore choral literature and perform. The class begins March 31 and meets Mondays from 6:30 p.m. to 8:30 p.m. at the Gresham campus. For more information or to register, call 503-491-7571.

Optimizing Energy and Stamina

On Tuesday, April 1 from 7 p.m. to 8:30 p.m. naturopathic physician Dr. Jason Barker will highlight various ways everyday people

continued ▼ on page B5



Veterans For Peace

Carl Shelley (left), a veteran of World War II and Vietnam, attends a downtown peace rally with his wife, Mary. The event on Thursday was held the day after U.S. troops began bombing in Iraq. Shelley said statesmanship and the support of the U.N. should have been enough to solve the conflict. "I know when these young kids pick up pieces of their buddies, they're not going to want war anymore," he said. PHOTO BY DAVID PLECH/THE PORTLAND OBSERVER

Medicine Man

Business flourishes for first African-American chiropractor in Oregon

BY JAYMEE R. CUTI
THE PORTLAND OBSERVER

Chiropractor Billy Flowers has always let his passion be his guide.

Today, Flowers has a healthy chiropractic practice in northeast Portland, but 17 years ago, when his business opened, his job title could be described more accurately as "pioneer."

Flowers, 55, is the first African-American chiropractor in Oregon. He was led to chiropractic care as a patient. Standing more than six-and-a-

half feet tall, with a blown out knee and seized up joints, Flowers' passion for basketball was ending at age 26.

In college, Flowers was concerned about his health as his coaching staff commonly dispensed painkillers, steroids, sedatives and barbiturates. But the prescriptions made him feel worse, not better, and he sought the help of a chiropractor to regain his health.

His dreams shifted, and he found that if the adjustment of his spine affected nerves all over his body, then he too wanted to learn this powerful healing technique.

"I latched onto a chiropractor who also happened to be a healer," said

Flowers, who began studying chiropractic sciences after graduation.

The decor of Flowers' office reflects his travels. As a collector of African art and artifacts, stepping into his office feels more like mini-museum space than the usual neutral doctor's office with watercolor paintings.

"The reason I've chosen to decorate my office in a way that's Afrocentric is that blacks are seldom invited into a place of business that celebrates our culture that is still a business," Flowers said. "I want the people in this community to be reinforced by who they are."

continued ▼ on page B5

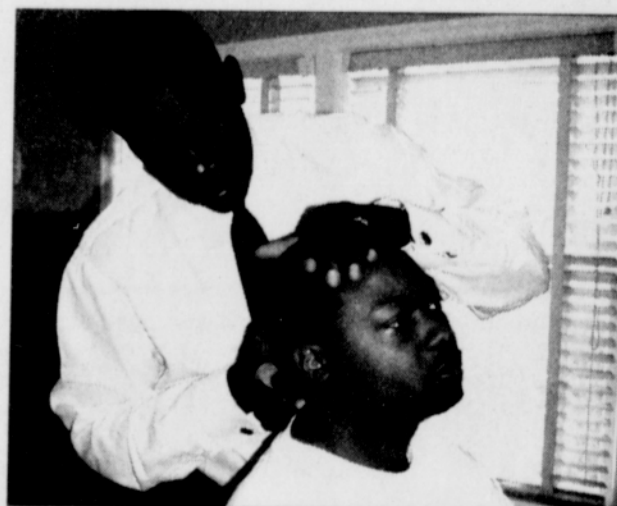


PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER
Chiropractor Billy Flowers works on a realignment of a patient's neck at his office, located at 2124 N.E. Hancock. Flowers was the first African American chiropractor in Oregon when he opened up shop 17 years ago.

St. Vincent DePaul Wins \$1 Million Contract

Jose Calvo, Ernest Wesley, Le Canh and Otha Brown of the St. Vincent DePaul Enterprises of northeast Portland, assemble shelter-in-place kits for the protection against chemical weapons as part of a \$1 million order from the U.S. Army. The not-for-profit business hires and trains workers with disabilities.

PHOTO BY MARK WASHINGTON/
THE PORTLAND OBSERVER



Disabled workers assemble shelter-in-place kits for the Army

A group of disabled Portland workers proved to be big winners last week when St. Vincent DePaul Enterprises of northeast Portland was awarded a \$1 million contract for the assembly of 40,000 shelter-in-place kits to guard against a chemical contamination in the event of an accident at a U.S. Army weapons depot.

"Bids came in from competitors all across the nation," said St. Vincent Chief Executive Officer Bennet Johnson. "Our people's 'can-do' attitude and adherence to a 'no excuses' motto made this endeavor a reality," Johnson said.

The kits, which consist of duct tape, clear plastic and instructional videos designed to protect local citizens in the case of a leak or disaster at a chemical weapons incineration facility, will be distributed to the residents of Calhoun County,

continued ▼ on page B3

Pacific Power Files for Rate Increase

Utility cities rising costs of doing business

Pacific Power has filed a general rate request with the Oregon Public Utility Commission to recover rising costs for insurance, pension funding and health care, among other costs.

"These cost pressures are being faced by many businesses across the country, including those in the utility sector and Pacific Power is no exception," officials with the utility serving northeast Portland said.

Pacific Power is asking for a net increase of 4.9 percent for residential customers.

If approved by the OPUC, the price changes would take effect early next year.

"Our key goals are to deliver safe, reliable electricity, provide excellent customer service and maintain stable, competitive prices," said Don Furman, senior vice president of regulation for Pacific Power. "Even with this proposed rate increase Pacific Power will maintain its position as one of the lowest-cost electricity providers in the region."

Rates for Pacific customers in Oregon have remained relatively flat over the past several years.

For example, the average Pacific Power residential customer using 1,000 kilowatt-hours of electricity a month was paying \$66.48 in November 2000. Currently, that same customer is paying just \$66.39 a month for their electricity service.

Pacific Power attributes rising costs of doing business to external factors such as the downturn in financial markets. Internal cost controls have helped mitigate, but not totally cover, the impact of these rising costs, officials said.

If this rate request is approved, a residential customer using 1,000 kilowatt-hours per month will see a monthly bill increase of \$4.89.