



THE SPINA COLUMN™

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

Part 8. CONSTIPATION: The backing up of body's sewage system.

Q: Nothing has ever really helped my constipation. What can Chiropractic possibly do?

A: As a natural form of healing, there is much a Chiropractic and the improved lifestyle we recommend can do to remove the immediate distress and long term health hazards of constipation. But before we begin, you should understand that constipation takes two approaches. The first is the tight, sometimes painful feeling in the lower back area. The second and more insidious type is what we call "hidden constipation." This is when we seemingly move our bowels regularly, but

never completely eliminate everything in our colon (large intestine). This causes the colon to back up and spread toxic poisons throughout the body. This can lead to everything from sinusitis to allergies to arthritis.

Chiropractic can help to alleviate this problem by gently turning nerves back on in the colon and small intestine. It is not uncommon for a patient to have two, three or

even four bowel movements after the first adjustments on his or her spine. A man with FBSS (failed back surgical syndrome) went home and had 12 bowel movements that night. And he claimed he wasn't even constipated! Whatever questions you might have about health and healing, you'll find that Chiropractic is often the answer. Call us for an appointment today.

Flowers' Chiropractic Office

2124 N.E. Hancock Street
Portland, Oregon 97212

Phone: (503) 287-5504



Mikal Shabbas (from left), Roy Jay, Shafia Monroe, Dr. Renee Ward and James Mason celebrate the recent grand opening of the International Center for Traditional Childbearing.

Traditional Childbearing Resource

A prenatal resource center is now serving Portland area residents at the International Center for Traditional Childbearing located at the Northminster Presbyterian Church at 2823 N. Portland Blvd.

Services include childbirth preparation classes, pregnancy testing, labor coaching, fathering sup-

port, parenting support, breastfeeding information, a monthly networking meeting for professionals who serve pregnant families and a pregnancy lending library.

The center has a diversified staff and group of community volunteers. All are welcome and en-

couraged to access program services.

Donations of pregnancy, labor, birth, breastfeeding and newborn care books are welcome, along with birthing charts.

For more information, call 503-460-9324 or visit online at www.blackmidwives.org.



African American Health Coalition, Inc.

Presents for your health,

Wellness Within REACH Activity Calendar

**All classes are free of charge!

Aerobics

Mallory Ave. Christian Church
Mon, Wed, Fri, 6-7am, Pierce • 5:30-6:20pm,
Granville • 6:30-7:30pm, Nickerson

Low Impact Aerobics

Daniel's Memorial Church
Tue, 7:15-8:15pm, Granville

Water Aerobics (Contact AAHC)
Columbia Pool, Matt Dishman

African Dance
Matt Dishman
Sat, 10-11am, Addo

Body Conditioning
Wild Oats Market
Sat, 9:30-10:30am, Nickerson

Chicago Step
Matt Dishman
Fri, 6:30pm, Kendrick

Kickboxing
Mallory Ave. Christian Church
Tue, Thu, 6-7pm, Keller

Pilates (Contact AAHC)
Matt Dishman
Tue, 8-9pm

Stretching/Body Sculpting
(Class courtesy of Matt Dishman)
Matt Dishman
Tue, Thu, 7-8am, Lois

Tai Chi (Contact AAHC)
St. John's Community Center
Tue, 6:30-7:30pm

Walking Group
Peninsula Park
Sat, 12:30pm, Woods
Lloyd Ctr, 1st Fl. in front of Sears
Tue, Thu, 6:30pm, Woods

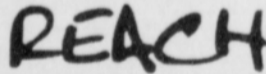
Weight Mgmt./Conditioning
Whitaker Track
Tue, Thu, 9-10am, Hasan

Yoga
Wild Oats Market
Tue, Thu, 7:30-8:30pm, O'Rourke

Columbia Pool, 7701 N Chautauqua
Daniel's Memorial Church, 1234 NE Killingsworth
Mallory Ave Christian Church (Gym), 126 NE Alberta
Matt Dishman, 77 NE Knott

Peninsula Park, 700 N Portland
St. John's Community Center, 8427 N. Central
Whitaker Track, NE 42nd & Killingsworth
Wild Oats Market, 3535 NE 15th

**Must be 18 or older to participate. Please contact AAHC before showing up to the first class and for more information at 503-413-1850 or kdempsey@aahc-portland.org. Please receive approval from your doctor before beginning exercise class.



Racial and Ethnic Approaches to Community Health
A Program of the African American Health Coalition, Inc.
Sponsored by the Centers for Disease Control and Prevention (CDC)



Contact AAHC at 503-413-1850 or visit our web site at www.aahc-portland.org

Countries of Africa Sudan: Ethnic Cleansing or Genocide

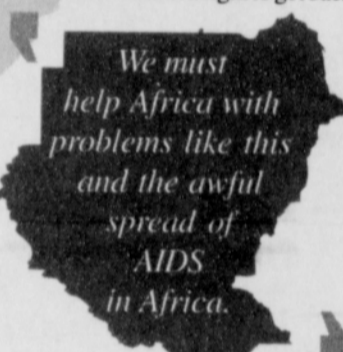
BY RON WEBER

New York Times columnist Nicholas Kristof has written a great deal about a horrible case of ethnic cleansing or genocide in the Darfur area of western Sudan. This is also beginning to happen in nearby Chad. Here, Janjaweed Arab militias are killing hundreds of thousands of black African men and raping their women.

While the United Nations and other agencies are arguing over whether to use the words "genocide," or "ethnic-cleansing," hundreds more people are being killed daily. Due to political tangles, it is unlikely that the U.N. and America can get fully involved in a peace-keeping mission. It is also very hard now to get food, medical supplies and many other greatly needed supplies and services to the area. We all hope that happens sooner than later.

The United States has moved to help in any way it can. Wait a minute! Wasn't it just a few hundred years ago that we were tearing through

the continent of Africa in the slave trade, raping women and plundering natural resources? We were doing exactly what the Janjawees are doing at this very moment. I find it oddly poetic that a few centuries later America is in a fight to get back



there and help. At least we are trying.

We must help Africa with problems like this and the awful spread of AIDS in Africa.

Colin Powell, accompanying U.N. Secretary General Kofi Annan, was uncomfortably shocked to find an entire village vacated when they arrived to assess the horrible con-

ditions survivors in Sudan were forced to live in. Sudan officials claimed the people were "moved to better quarters." Not true. In fact, 3,000 people were torn from the camp and moved in their entirety in a matter of hours and then dumped in a border camp a dozen or so miles away.

While Powell and Annan were offered a trip to a model camp, they refused. I am glad they are pressing the Sudanese government to stop the vicious and unwarranted attacks on innocent black Africans. I just hope they don't wait too long. A few hundred peacekeepers from nearby African nations are making an attempt to help, but they need help now, not in a month or two.

U.S. Ambassador to the U. N. John Danford has suggested we levy sanctions on Sudan. That will not help the hundreds of thousands who will die in the meantime. Spending millions to set even a small portion of Africa back on its feet immediately is a debt we have owed for far too long.

Newspaper Publisher on PCC Board

A local businessman and Washington County resident has been named to the Portland Community College Board.

Jamie Lim is publisher of the Asian Reporter. The newspaper has its offices on North Killingsworth Street, across from where PCC is expanding its Cascade campus, serving north and northeast Portland.

He was sworn in on July 15 for a term that runs through June 30.



Jamie Lim

Lim has an associate's degree in maritime science from the Philippine Merchant Marine Academy in

Manila, Philippines, and a bachelor's degree in applied science and engineering from Portland State University.

"I am really delighted to be on the PCC board," Lim said. "I am hoping to be able to represent the Asian American community, as well as the broader Washington County community and help make the proper decisions regarding the direction that PCC should go."

PCC is the state's largest post-secondary educational institution, enrolling nearly 100,000 students annually, and operating three comprehensive campuses along with five workforce training and education centers, a small business development center and education outlets in hundreds of community and business locations.

College Students Prepare for Fall

Class schedules and admission specialists are readily available to support students entering Portland Community College.

The fall schedule of classes will be arriving in mailboxes to area residents. The academic year begins Monday, Sept. 27. Students are encouraged to begin planning ahead and ask for ad-

vice directly if needed. Winter term classes start Jan. 3 and spring term begins March 28.

To register online or for additional information visit www.pcc.edu.

To talk to an admissions specialist, call 503-978-5282 or visit PCC's Cascade campus at 705 N. Killingsworth St.

Advertise with diversity in
The Portland Observer
Call 503-288-0033 or email: ads@portlandobserver.com

innovation
diversity
teamwork

Portland General Electric values the energy of TEAMWORK, DIVERSITY and INNOVATION to maintain high quality service as Oregon's largest provider of electric service.

Our 2,800 employees - from diverse backgrounds and cultures - serve close to 740,000 customers in the greater Portland, Oregon area. Our employees contribute their unique skills, creativity and commitment towards a common goal of building unity through diversity.

Career fields include: Accounting/ Finance, Engineering, Information Technology and Customer Service.

To learn about our current career opportunities, visit our website at www.portlandgeneral.com, or call our Job Information Line at 1-888-346-3291 (TDD Access Line at 503-464-2996).

CONNECTING PEOPLE, POWER AND POSSIBILITIES

PGE is an Equal Opportunity Employer valuing diversity in the workplace.