

Voting is Your Right

Even convicted felons can vote if not currently in custody of the Oregon Dept. of Corrections. If you are in any other part of the criminal justice system, such as a county jail, you have not lost your voting privilege.



Denyse O. Peterson

Caldwell's Colonial Chapel

20 N.E. 14th Avenue
Portland, Oregon 97232
(503) 232-4111

The Pre-arrangement Concept

Dear Family Member:

Denyse Peterson represents funeral homes and cemeteries in the Portland Metropolitan area. Many families have a difficult time getting through all the associated decisions, questions, grief and financial responsibilities that follow when a love one dies. Denyse's responsibility is to provide information. Pre-arranging lessens the burden before the time of death with challenges such as emotional overspending, indecision, haste and worry.

Our personal planning guide can be a great benefit to loved ones. Overall, pre-arranging will benefit families tremendously.

The pre-arrangement Dignity Memorial providers are honored to help families in our community with your funeral and burial needs.

Representing these fine funeral homes:

- Caldwell's Colonial Chapel
- Sunnyside Chapel & Memorial Gardens
- Lincoln Memorial Park & Funeral Home
- Hennessey, Goetsch & McGee Funeral Directors
- Gateway Little Chapel of the Chimes
- Lincoln-Willamette Funeral Directors
- Killingsworth Little Chapel of the Chimes
- Ross Hollywood Chapel
- Skyline Memorial Gardens & Funeral Home



For more information or to schedule an appointment, please call Denyse Peterson at (503) 232-4111.

Wellness Village Returns

Healthcare providers to provide free services



Drummer Kamau Sadiki performs the Call of the Drums libation ceremony at last year's Wellness Village. The annual event returns Saturday to the Blazer Boys and Girls Club with a full day of free health services and entertainment.

Forty exhibitors and health screeners will provide free services to the public at the 9th annual African American Wellness Village, Saturday, Oct. 16, 9 a.m. to 4 p.m. at the Blazers Boys & Club in northeast Portland.

The African American Health Coalition organizes the annual event to bring community members in contact with healthcare providers to help people manage their health and celebrate African American Wellness Week.

AAHC President Corliss McKeever said, "Wellness Village is a place where many people, for the first time, get important screenings and learn vital information about things like their blood pressure and blood sugar levels. That knowledge can help people make healthy lifestyle changes."

African Americans suffer higher rates of stroke, diabetes and various cancers than other populations. Wellness Village is an event that creates access to tools that combat those diseases.

Health services and exhibits include blood glucose tests, blood pressure readings, glaucoma screenings, blood lead tests, massage therapy, and gourmet cooking demonstrations and samples.

Health care providers and exhibitors include Legacy Health System, Providence Health System, Kaiser Permanente, Red Cross, Multnomah County Health Department, Operation Diabetes (OSU College of Pharmacy), Devers Eye Clinic, New Seasons Market, Wild Oats Market and the National College of Naturopathic Medicine.

The event is a family affair, with activities for children, door prizes and—for those seeking a little physical activity—salsa dance lessons and a group wellness walk.

The Blazers Boys & Girls Club is at 5250 N.E. Martin Luther King Jr. Blvd.

The 9th Annual Wellness Village is made possible through major sponsors like Legacy, Providence, Kaiser and Oregon Health and Science University.

For more information or to volunteer, contact AAHC at 503-413-1850 or visit www.aahc-portland.org.

Flu Vaccine in Short Supply

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dents of nursing homes and long-term care facilities, health care workers and children less than six months of age.

"This is a severe blow to the nation's efforts to prevent influenza, and we know it will challenge both medical providers and the public," said Dr. Grant Higginson, state public health officer in the Oregon Department of Human Services. "We are working with our partners around the state to minimize the extent to which Oregon's flu vaccination efforts will be affected by this, although we know that the effect will be substantial."

The Center for Disease Control is advising health-care providers to provide flu vaccines only to people in high-risk groups

This includes children ages six to 23 months, adults ages 65 and older, anyone ages two to 64 with underlying chronic medical conditions, women who will be pregnant during flu season, residents of nursing homes and other long-term care facilities, children ages six months to 18 years on chronic aspirin therapy, health-care workers who deliver direct patient care and out-of-home caregivers and household contacts of children under six months.

Because of the shortage, experts say the best prevention and treatment remedies include avoiding crowded and washing hands frequently.



PHOTO BY JAYMEE R. CUTI/THE PORTLAND OBSERVER
Northeast Portland resident Elva Wysner gets a flu vaccination by Safeway pharmacist Shazia Zafar.

quently.

Those who are ill should stay home from work and avoid public places. Those with a runny nose should use disposable tissues once, toss them in the trash and wash hands after use. People ages two to 64 with underlying chronic medical conditions should be pro-

ected by limiting contact with people other than family members. Babies under age six months should have limited contact with people other than family and avoid crowds. Those with babies cared for in commercial day care centers should inquire about the immunization status of the providers.



African American Health Coalition, Inc.

**A Healthy Community Starts with You:
Community-Driven Strategies to Reduce
Cardiovascular Disease Among African Americans**

**Join Us for the 9th Annual Wellness Village
Saturday, October 16, 2004
from 9 a.m. to 4 p.m.
at The Blazers Boys & Girls Club
5250 N.E. Martin Luther King Jr. Blvd.**

Activities Include:

- ♥ Gospel Choir
- ♥ Wellness Walk
- ♥ Exhibits
- ♥ Door Prizes
- ♥ Health Screenings
- ♥ Children's Hut
- ♥ Salsa Dancing



For more information contact AAHC at 503-413-1850 or visit www.aahc-portland.org



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

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 something is always hurting so I don't dare play! Could you help?

A: It is so unfortunate 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 of-

ten 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!

Flowers' Chiropractic Office
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