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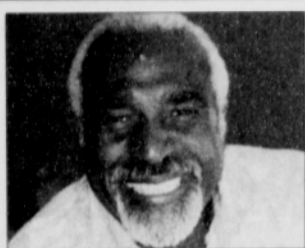


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PART 11. EXERCISE: Does it help low back problems, or only make them worse?

Q: A friend of mine showed me a series of exercises designed to help her low back problems. Is it all right for me to use them, too?

A: It would be enlightening to know the number of people with qualified back problems (fixation on the spinal joints) who are told they only need to exercise. They are given a brief exam and a sheet of stretching exercises to follow. They are led to believe nothing else need to be done. This is only incomplete therapy, it is also therapy that could easily lead to very disastrous side ef-

fects. When we exercise and stretch muscles without removing the cause of the spasms, it actually forces the body to degenerate faster. You are better off to have done no exercising at all. In Chiropractic, we know the exercise is an important part of health, but only after Chiropractic care has removed the spinal fixations that caused the

problem in the first place. Then and only then can the spine be correctly stretched and strengthened without traumatizing muscles and nerves. For a safe, gentle accurate assessment of your spinal situation or for answers to any questions you might have about your health please call our office at the number below:

Flowers' Chiropractic Office
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Portland Oregon 97212
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LAW & JUSTICE

Scams Increasing at Alarming Rate

A warning against companies offering bogus grants

Scammers often try to lure in victims by offering methods to get free money, and during a recession or economic downturn, the number of these types of scams increase dramatically. A new twist on "free money" scams comes disguised as government grants. CDI Resources and IC Services are "grant" companies that have unsatisfactory records with the Bet-

ter Business Bureau due to failure to respond to two or more complaints.

CDI Resources, also doing business as CDI Solutions, is based in Tukwila, Wash. BBB has fielded 15 complaints against the company since November, 2007.

IC Services, based in Beaverton, Oregon, has 145 complaints since February, 2006 covering a variety of issues.

Government-grant scams appeal to consumers with a tempting offer: free government grants worth thousands of dollars that are offered to the consumer simply because the consumer is a good taxpayer. All the consumer needs to do

to receive the grant is send an application fee in the form of a cashier's check and the grant money will be sent in return.

Cashier's checks are untraceable and non-refundable, which is why the scammers request them. The scammer will then take the money and not send the victim anything. Often, scammers operate under companies using several different names, move from city to city.

Remember that the government doesn't contact people out of the blue to offer grants and never requires fees of any kind. Government grants require an application process and aren't given to people just for being good taxpayers.

Charges in Pawn Shop Case

Portland police detectives this month charged 31-year-old William Sutton on six counts of theft and attempted theft in the first and second degrees in connection with a pawn-shop investigation. Sutton was already in custody on a probation violation when he was charged with these crimes.

This investigation began last month when an alert pawnshop owner, Peter Lim of Money Market Pawn Shop, located in the 16900

block of Southeast Division Street, recognized Sutton when he came into the business trying to sell a bicycle. Lim suspected that the bike might be stolen, so he turned Sutton away, but not until he obtained the information about the bicycle.

Detectives were able to match the information provided by Lim with a recent bicycle theft, and working with yet another pawnshop, recovered the bicycle. A subsequent search of Sutton's resi-

dence uncovered another stolen bicycle, which turned out to be a victim's only transportation to and from work.

Sutton was also arrested last year when he tried to pawn a widow's stolen wedding ring at a Portland pawnshop.

Detectives remind everyone that property sold to pawn shops is kept in a police hold area for 90 days if it was pawned and not redeemed.



William Sutton

Eastside Precinct Created

Ten officers to patrol Max and buses

TriMet and the City of Gresham have agreed to expand police presence on Max trains and buses in East County. Effective April 1, an Eastside Precinct will begin operation with six officers patrolling the transit system between Gateway Transit Center and Cleveland Avenue Max stations. The precinct is part of a year-long pilot project that will grow to 10 officers by July 1.

"This dedicated precinct puts more officers on the system and allows deployment focused on

problem areas," said Fred Hansen, TriMet General Manager. "This is a new way to patrol our system, and we believe it will be an effective tool."

Since November, Gresham Mayor Shane Bemis directed two Gresham police officers to patrol the Max line in his city to respond to safety and security concerns of riders.

"Our two Gresham police officers demonstrated that results are possible on light rail," said Gresham

Mayor Shane T. Bemis. "It's great to see TriMet answer our request for ten additional officers and the Eastside Precinct. We know this partnership will deliver the needed results for this community."

In addition to these security improvements, TriMet has added more contract security, closed circuit TV security cameras, improved lighting and improved sight lines at MAX platforms. TriMet is also fixing faulty ticket vending machines and increasing fare inspection.

Cold Case Homicide Investigation

The Portland Police Cold Case Unit, in cooperation with Crime Stoppers, is asking for your help in solving a homicide.

Eighteen years ago on September 27, 1988, 30-year-old Loretha Williams was found murdered in her home at 1305 Northeast Junior Street. The medical examiner determined that Williams suffered multiple stab wounds and died from her injuries.

Evidence indicates that Williams struggled with the suspect(s) prior to her death. She was found in the bedroom of her 9-year-old daughter, who was with relatives at the time of the homi-



Loretha Williams

cide.

Detectives did not find any signs of forced entry into the home. At the time, she was employed as a supervisor at the Chase Bag Company, located at 2550 N.W. Nicolai Street.

Although new technology in forensic science may assist in advancing this investigation, detectives are still asking witnesses or anyone with knowledge of this crime to come forward. Crime Stoppers has approved an enhanced reward of up to \$10,000 for information leading to an arrest in this case. Call Crime Stoppers at 503-823-HELP(4357).

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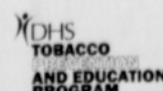
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