

Portland Observer Auto Review

2009 Range Rover Sport HSE



Specifications: 4.4L 300hp Aluminum Alloy V8 engine; Six speed electronic controlled automatic with CommandShift; 12 city mpg, 18 highway mpg; MSRP \$65,050.

The 2009, the Land Rover Range Rover Sport benefits from cosmetic changes, including new wheel designs, additional exterior color choices, updated metal vent bezels, new door pulls and updated console trim. It maintains its rugged reputation, but an upscale price means luxury elements, such as real wood trim and a refrigerator in the console.

Land Rover's permanent 4WD system with a two-speed transfer case and the Terrain Response system comes standard. It automatically sets the powertrain, suspension and electronics systems to optimize traction based on five different settings: general, grass/gravel/

snow, mud and ruts, sand and rock crawl. Properly equipped Range Rover Sports can tow up to 7,700 pounds.

The 2009 Range Rover Sport is very drivable, with a decent turn radius and good power-assist on the steering. There's no mistaking its bulk--it is a big SUV--but good visibility and responsive driving controls keep it maneuverable in traffic. The 4.4-liter V-8 didn't want for boost, using its 300 horsepower at 5,500rpm and 315 pound-feet of torque at 4,000rpm to get this heavy SUV off the line without hesitation. The engine is mated to a six-speed automatic transmission with drive,

sport, and manual modes. In drive, it tries to keep the engine speed around 2,000rpm, while sport moves the tach needle up around 3,500rpm, making more power immediately available. Manual mode shifts were the usual slushy feeling change-ups afforded by an automatic transmission.

Standard equipment on HSE trims includes a power sunroof, 19-inch alloy wheels, bi-xenon headlights, leather upholstery and navigation system; Supercharged trims are further outfitted with 20-inch wheels, an adaptive front lighting system, heated front and rear seats and satellite radio (all optional on the

HSE). Standard safety features include six airbags, four-wheel anti-lock brakes with brake assist, electronic stability control with traction control and roll mitigation, front and rear fog lights, park assist and tire pressure monitoring. A small, two-piece center console bin holds electronic devices. The two-part glovebox is quite large: the bottom bin can easily hold a small purse or pack.

It has authentic off-road capability with refined, powerful on-road performance. City dwellers with a love of adventure will find the best of both worlds in this luxury sport-utility vehicle.



Edward D. Strickland Jr.
3/7/69-12/30/06

Always loved, never forgotten.



Delaware State Concert Choir

BY TYLYNN PRESTON
The Delaware State University Concert Choir will be performing in Portland Sunday, March 15. The choir was founded in 1891, and features 75 voices in a mixed chorus that will serenade the audience with their mixture of immaculate

sounds. Selections will include Negro Spirituals of Moses George Hogan, Mozart's "Requiem," Handel's "Messiah," and Bach's "Magnificat."

The direction of this Concert Choir is lead by Curtis Everett Powell. Through outstanding musical service and commitment

to several ministries to various churches around the country, Powell has received a Proclamation of the Community Leaders of America and has studied with various directors and music professors at many universities.

With these attributes in key, Powell maintains this premier

choral ensemble, as their legacy continuously thrives. The concert will be held again on March 15, at Augustana Lutheran Church, N.E. 15th & Knott at 6 pm. The admission is free, and it promises to be a joyful performance, filled with a blend of entertaining forms of music.

PCC Foundation More Vital in Tough Times

As the economy continues to tank, an increasing number of people are turning to higher education in hopes of coming out of the recession in better shape than going in.

This influx of new students has strained institutions of higher education, especially when it comes to financial aid. The state and federal government have slashed funding for higher education, and more people are looking to community colleges as a less-expensive option.

Portland Community College has been no exception in this regard, but has a mechanism at its disposal to help fund its students: the PCC Foundation.

The college has seen a rise in the number of students looking into getting scholarships from the foundation.

The application period starts on March 16 and the school expects to see twice as many applications as last year.

PCC is hoping to keep the fund humming along despite the increase in people wanting to use it and is encourag-

ing donations. The James F. and Marion L. Miller Foundation is challenging people to raise more money for scholarships at community colleges. If PCC can raise enough money by March 31,

the foundation will donate \$320,000 in matching funds. The foundation has already distributed \$412,000 for scholarships during the last fiscal year. However, more than 400 qualified scholar-

ship applicants were turned away due to lack of funds.

For more information visit: www.pcc.edu/foundation

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A broadcast service of Mt. Hood Community College

Devine Designs Salon & Spa
Anniversary Party
Friday, March 13th
7pm - 10pm

3311 NE Martin Luther King Jr Blvd
503.282.1209

\$5 cover
Refreshments will be served

Featuring:
DJ George: "The Mixologist"
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THE SPINA COLUMN™

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

Dr. Billy R. Flowers

Part 10. Fatigue: A cure for people sick and tired of being of being sick and tired.

Q: I seem to be tired a lot lately. Does that mean I need iron?

A: The most common reason patients come into our office is because of some type of pain. But many of these people are also suffering from fatigue. Fatigue that makes the eyes burn slows down the healing process and makes you wonder why you don't feel as well as you used to. Obviously, there can be many causes of fatigue. Diet is certainly one of them. It's a subject we'd be happy to discuss with you in

detail. Another cause, however is often stress. Many of you have probably heard of the "Fight Or Flight" syndrome. When the body is stressed, it responds with a combat-ready posture. In analyzing many such patients' x-rays, we find the head angled forward and the back arched in this highly-stressed position. After Chiropractic adjustment, this condition is often

vastly improved. Patients come back well-rested, telling us they just had their best night's sleep in ages. If you think the stress of everyday life might be wearing you down and preventing your body from warding off illnesses, call us for an appointment. Or if there are any other questions you might have about your health, just call us at the phone number below.

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Portland Oregon 97212
Phone: (503) 287-5504