

HEALTH MATTERS

Bucks for Schools, Clean Rivers

The City of Portland will give sewer customers an opportunity to help local schools and protect rivers and streams.

Beginning this summer, a check box on sewer utility bills will give ratepayers the option of donating \$1, \$3 or \$5 per billing period to help maintain stormwater management facilities on public school property.

Facilities like rain gardens, swales and ecoroofs collect stormwater and filter pollutants to protect water

quality in rivers and streams, replenish groundwater supplies, provide wildlife habitat, and keep stormwater out of the sewer system.

These kinds of facilities are located on public school property all around Portland, and they need regular maintenance to operate properly. Maintenance includes replacing plants, removing litter and debris, and keeping inlets and outlets clear.

The city will distribute the dona-

tions to schools to offset some of these maintenance costs. The voluntary program can help keep hundreds of stormwater management facilities operating properly and allow schools to direct resources to other programs.

"This is a great program to help school districts maintain and improve their stormwater management systems," said Parkrose School District Superintendent Dr. Karen F. Gray.

Breast Cancer Therapy Advance

Radiation therapy that targets a specific area of the breast is as effective as whole-breast radiation in reducing breast cancer recurrence in some women and is far more convenient, a new study suggests.

Researchers from around the world examined the medical records

of almost 1,000 breast cancer patients who received (targeted) intraoperative radiotherapy and a nearly equal number who underwent whole-breast external beam radiation. A few received both treatments.

After four years, six women in the intraoperative radiotherapy group

had a recurrence of breast cancer, compared to five in the external beam group.

The Oregon Health and Sciences University is the only medical facility in the Pacific Northwest that has the equipment to offer the new treatment.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

THE SPINA COLUMN™

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

Part 6. HEADACHES: Why Chiropractic is nature's long-lasting pain reliever.

Q: I always seem to be plagued with headaches. They come up over my head and seem to stop at my eye. What can Chiropractic possibly do to help me?

A: About 70% of all people experience headaches of one sort or another. The type you describe is quite typical. The pain can range anywhere from moderate to nauseating. The top three nerves in the neck go up over the back of the skull in a very similar pattern to what you describe. Any type of pressure or irritation on these nerves can cause extreme pain. Your prob-

lems could be nerve-related and therefore, stand a very good chance of being relieved by Chiropractic.

Q: Why should I go through a full course of Chiropractic when drugs often relieve my headaches?

A: Drugs work primarily on relieving pain, but not on treating the cause of the headache.

What's more, drugs have serious side effects. The only side effects of Chiropractic are relief from pain and a healing of the cause of pain. To find out how Chiropractic could help relieve your headaches or for answers to any questions you might have about your health, please call us at the telephone number listed directly below.

Flowers' Chiropractic Office

2124 NE Hancock,
Portland Oregon 97212

Phone: (503) 287-5504

HEALTHWATCH

Charles Drew Blood Drive -- The American Red Cross, 3131 N. Vancouver Ave., hosts the Charles Drew Blood Drive, Saturday, June 12 from 7:30 a.m. to 1 p.m. Special refreshments provided by Delta Sigma Theta. Activities for children. For more information or to register, call 1-800-REDCROSS.

Powerful Tools For Caregivers -- 6-week educational series designed to help family caregivers take care of themselves while caring for relatives or friends with chronic illness. Class size is limited, and registration is required. Call 503-413-8018.

Leg Alert Screening -- Check for peripheral arterial disease with this safe, simple screening using ankle and arm blood pressure. The fee is \$40. To schedule an appointment, call 503-251-6137.

Smoke-Free Support Group -- Meets Mondays, 7 p.m. to 8 p.m. For

information, call 503-256-4000.

Maternity Water Workout -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

Senior Aerobics -- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

Osteoporosis Screening -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

Free Body Basics -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

Auto Review

2010 Lincoln MKT EcoBoost



Tested Vehicle Information: 3.5 liter EcoBoost engine; 6-speed automatic transmission; 16 city mpg, 22 highway mpg; MSRP \$49,200, Tested MSRP \$57,375

The newest addition to the Lincoln lineup having debuted in the summer of 2009 is the MKT. The MKT shares its basic platform architecture with Lincoln's MKS sedan and the Ford Flex crossover. Like the MKS, Ford has done an outstanding job of visually differentiating this vehicle from its Ford sibling inside and out. The MKT may share its greasy bits with the flex but every piece of sheet-metal, leather and plastic is completely unique to the premium model.

MKT's "EcoBoost" twin-turbocharged 3.5-liter V6 engine is . It puts out an impressive 355 horsepower and 350 pound-feet of torque and also gets a respectable EPA-estimated 22 mpg on the highway. It has a very smooth and quiet ride, and sound handling ability. The MKT has adopted the latest Lincoln design language that includes the split bow-wave grille, narrow, horizontal head and tail lights and the chamfered shoulder line that runs the length of the vehicle between the lights. A sharp crease reminiscent of a pair of tailored slacks runs the length of the body from bumper to bumper.

Its list of standard and optional equipment that includes such options as a hard-drive-based navigation system, adaptive cruise control and a refrigerated box for rear-seat passengers, keyless ignition/entry, rear parking sensors and a power liftgate. Inside, you'll find leather seating, 12-way heated and ventilated power front seats, heated outboard second-row seats, power-adjustable pedals, driver memory settings, a tilt/telescoping steering column, tri-zone automatic climate control, retractable second-row sunshades, a rear 110-volt power outlet and an 8-inch touchscreen that displays audio and climate controls and the image from the standard rearview camera. On the entertainment front there is a 10-speaker audio system with a 10-gigabyte hard drive, satellite radio, and the Sync system that offers voice control for MP3 players and cell phones.

The MKT maybe big and bulky when you drive it but the look is much more appealing than the Ford Flex.

This crossover vehicle was more like a SUV to me than a crossover. It handles great, rides smoothly and easy to get in and out of.