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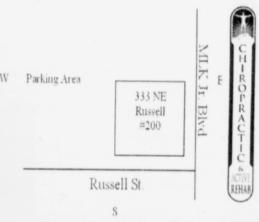
## Chiropractic Auto Injury Clinic, PC

Zchon R. Jones, DC 333 NE Russell St., #200, Portland, OR. 97212 (503) 284-7838

Truly making a difference in the lives of Auto Accident victims and Injured Workers for nearly 20 years. If you or someone you know has been in an accident, call us so we can help you with your needs. (503) 284-7838



We are located on the corner of MLK and Russell Street, on the second floor above the coffee shop.





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.

#### Part16: Chiropractic VS. Morning Stiffness: A deadly blow to the agony of awaking.

morning I could scarcely tie my shoes. Worst of all I was only 37 years old. Now that's all changed since coming to your office. I'm eternally grateful to you and Chiropractic. I just don't see how it works so well, particularly with-out medication.

: We very much appreciate your kind compliment. It is true that many of our patients do rest better at night and wake up feeling more relaxed and refreshed. Chiropractic works by taking the stress and irritation off the ner-

: I used to be so stiff in the | vous system. As the nervous sys- | rested. If you have had probtem gets well, you will notice that the spine begins to lose the rigid stiff feeling that it had. Muscles can begin to relax because they don't have to work to make the body bend and move. When the nerves are finally as healthy as they should be, the body will reflect that by being flexible and well

lems with muscle stiffness, trouble resting or if waking up gives you the feeling that you've been through World War II, it's a great time to wake up to the feeling of Chiropractic! Call today for an appointment. Isn't it time you stepped up to Chiropractic?

#### Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

Phone: (503) 287-5504

# Game Keeps Madden Relevant

(AP) -- John Madden misses the broadcast booth.

"I haven't gotten used to it yet," he says. It's been a little over a year since he retired from a 30-year career as a color commentator on NFL games.

"Last year, there was an emptiness," Madden acknowledges. "When you love doing something so much, you miss it when it's over."

Still, Madden's namesake video game lives on. And with "Madden NFL" entering into its third decade, publisher EA Sports is trying to bring more casual football fans back to the gridiron. The 2010-11 edition introduces

GameFlow, in which you can let the artificial intelligence choose your plays instead of scrambling through a massive playbook before every down.

"We always want to make the boredom," Madden says.

MADDIEN

The cover of the video game 'Madden NFL 11.'

game easy to start and impossible to master," says Madden. And series veterans will still be able to choose and edit plays all they want. "If you stop at simple, the next thing is



A screenshot from newly announced game 'Michael Jackson The Experience.'

### Michael Jackson Game

(AP) -- An upcoming video game the handheld consoles Nintendo starring Michael Jackson is set to be DS and PlayStation Portable. "Bad."

announced last week that its dancing-and-singing "Michael Jackson The Experience" game will feature Night." such Jackson hits as "Bad," "Beat It" and "Billie Jean."

360, PlayStation 3 and Wii, as well as

Other tunes for the game cen-Video game publisher Ubisoft tered on the late King of Pop include "Earth Song," "The Girl Is Mine," "Who Is It" and "Workin' Day And

"Michael Jackson The Experience" will be among the first to use The title is scheduled to be re- Kinect and Move, the new gestureleased later this year for the Xbox recognition systems for Xbox 360 and PlayStation 3.