

Keeping Alive the 'Dream'

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Channel 28 from 4 p.m. to 11 p.m. In addition, this year's program will be aired live on

KBOO Radio 90.7 FM and on the web.

A donation of \$ donation or four cans of non-perishable food to be given to local food banks.

Sponsors include Portland Public Schools, Portland Association of Teachers, Oregon Education Association, City of Portland, Caldwell's,

Hennessey, Goetsch & McGee, Ross Hollywood, Killingsworth Little Chapel of the Chimes, Providence Health & Services, Regional Arts &

Cultural Council, Enterprise Rent-A-Car, Concordia University, Portland General Electric, Africa-American Chamber of Commerce, The Oregonian, KBOO Radio 90.7 FM, Portland Community Media Channel 11 and Television Services Portland Public Schools Channel 28.



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 36. Healing Time

Q: How long will it take until you get well?

A: Your body possesses tremendous healing powers. In fact, by correcting the subluxations which interfere with healing, your chiropractor helps make you well again.

However, your body establishes its own priorities of healing. It is now uncommon for a patient to come in with a history of allergies, sinus trouble, headaches, low back pain, constipations and menstrual irregularity. All at once.

Q: Can you imagine your body healing them all at once?

A: You need to be patient. But, to help you understand which priorities your body may select, your chiropractor will want to know which problems developed first, which bother you the most and whether any might be hereditary.

Your diet and sleep habits could be hindering. Anyone who smokes two packs of cigarettes a day can understand why their lungs aren't clearing up. However, with proper diet, sleep and chiropractic adjustments, you can be sure you're doing everything possible to help your body help you.

And now that you'll understand the role your body plays in healing, you'll understand the role in healing, you'll understand the role your chiropractor plays.

There are three basic phases of treatment.

1. Eliminating the pain.

Though your chiropractor does not treat pain per se, he or she will work very hard to eliminate any pain you might have. In many instances, it is impossible to make any corrective adjustments on your spine until the pain has been eliminated. During this phase, your chiropractor will need to see you often.

2. Helping your body help itself.

This second phase of treatment is very important. This is when your chiropractor corrects your subluxations, allowing your body to start making the necessary repairs. Ligaments will begin to tone up, muscles will start to provide support again and tissues will cleanse themselves. You may find yourself more alert, less depressed

and even desiring healthier food. During this phase of treatment, you will need to see your chiropractor less often. But be patient and keep all your appointments. Remember, your body is going to repair the worst damage first and even though a different problem may seem more urgent to you, your body will get to it in time.

3. Preventative Maintenance

During this phase, you will probably have forgotten the aches and pains of Phase 1. The important thing, though, is not to forget the need for regular checkups. To protect the investment you have made in good health and make sure you haven't gotten any new subluxations, which would start the process all over again.

By this time, you will obviously know and appreciate the benefits of proper chiropractic care. And if you're like most people, you want to make sure your friends and loved ones share the same healthy advantage too.

Without drugs. Without surgery.

Flowers' Chiropractic Office
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Realizing King's Dream in a Big Way

Working side by side with men in treatment

towards a common goal: repainting 11 client rooms in one day. The highlight of the event is a shared meal and reflection on the values that made Dr. King so influential, and how we can all nurture our own communities.

"For so many years, the men we serve have taken from the community, through crimes to support their drug habits. They leave here having made real change in their lives and with a new commitment to community," says Joe Kleinhenz of the Men's Residential Center. "This one day shared with those who are changing their lives might just change yours."

This project is a collaboration between the center, Americorps VISTA, and Hands On Portland, and is made possible through funding from Oregon Volunteers and generous dona-

"The Men's Residential Center at Volunteers of America Oregon is a small community where Dr. Martin Luther King Jr.'s dream is being realized in a big way. For over 20 years, the residential addiction treatment program in northeast Portland has been helping men to rebuild their lives and instilling in them the value of giving back to the wider community.

On Monday, Jan. 17, in honor of Dr. Martin Luther King Jr., the Men's Residential Center will welcome 44 Portland-area volunteers to experience this community by working side-by-side with staff and clients to-

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Hodge Comprehensive Counseling Service

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