

# Take Action. Get Tested!

\$20 value

*"Where to go so you know"*

Multnomah County Health Department's HIV Community Test Site offers **confidential** HIV testing with or without your name at these locations:

**Downtown Community Test Site**

Call 503.988.3775 for an appt.  
Mon | Thurs | Fri  
426 SW Stark St., 6th Floor,  
Portland, 97204

**Northeast Health Center**

Just walk in  
Tuesdays | 5:30 - 7:15 pm  
5329 NE MLK Jr. Blvd, 2nd Floor,  
Portland, 97211

"Free with this coupon"



Se habla español: other interpretation by appointment.

# Portland Observer Auto Review



Tested Vehicle information: 3.7L 4V TI-VCT V6 engine; 6-speed manual transmission MT82; 19 City MPG, 29 Highway Mpg; MSRP \$25845.00 Tested Vehicle MSRP \$28,690.

## 2011 Ford Mustang Coupe Premium

BY KATHLEEN CARR

The Ford Mustang made some changes from the 2010 that includes new engines, better suspension, improved noise level, and new transmission. Mustang. It just keeps getting better the 2011 Mustang gets an additional front Z brace and a revised suspension to improve ride quality while also improving handling.

The 3.7-liter V6 replaces the old 4.0-liter V6, the new one producing 305 horsepower versus just 210 horses from the older, bigger engine. The new engine also gets a new six-speed manual and automatic transmissions versus the five-speeds of 2010. The 3.7-liter V6 now has all-aluminum construction, dual overhead camshafts and variable valve timing. It's enough to crank out 305 hp, or just 10 hp less than last year's V8. Its V6 model suspension improvements has enhanced handling, and the lighter aluminum V6 improves the car's weight distribution and handling balance. The six speed transmission help to improve the over fuel economy of the mustang.

The Mustang Premium versions of the V6 couple upgrades to leather upholstery, six-way power driver seat w/lumbar adjustment, aluminum interior trim, leather-wrapped steering wheel, Shaker 500 AM/FM/CD/MP3 audio, Sirius Satellite Radio, Ford Sync entertainment and communications system, iPod adapter, wireless cell phone link, MyColor adjustable gauges, ambient lighting, and an automatic day/night rearview mirror.

The safety features are Antilock four-wheel disc brakes, front-seat side airbags, side spotter mirrors and stability control are standard on all Mustangs. Also standard is Ford's MyKey system, which allows owners to set up driving restrictions for young drivers. The Mykey systems is a great feature knowing how teens drive with out there parents in the car. ladies remeber you might want to program for the husband too.

The Mustang is clearly one of the automobiles that consumers still await the new improved model. It has been in production for 46 years and from the first sounds of the engine roar to the muscle under the hood it will be an icon for generations to come. It a blast to drive and I fine myself wanting to take it to the limits everytime I drive one.



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**