

## SPORTS

## Timber's Give Back to Community

Portland Timbers President Merritt Paulson on Monday presented a check for \$20,000 to Concordia University representatives in northeast Portland on behalf of the professional soccer club as a contribution toward Concordia's new athletic complex.

Concordia student-athletes, university officials and members of the Northeast United/Alameda Soccer Club, a local youth soccer club, were on hand to welcome the gift. The donation was part of the Timbers' commitment to support the community and youth programs.

"This Timbers field grant is a substantial boost to the construction of the complex and for youth athletic programs that will benefit all of northeast Portland," said Concordia Executive Vice President Gary Withers.

The estimated \$7.5 million complex will be available for use by the



Portland Timbers President Merritt Paulson presented a check for \$20,000 from Portland's professional soccer team to go towards a new athletic complex at Concordia University in northeast Portland. He was joined during the presentation Monday by City Commissioner Nick Fish, members of the Concordia community, and officials of the Northeast United/Alameda Soccer Club.

Northeast United/Alameda Soccer Club, as well as provide a home for Concordia's men's and women's soccer teams and the university's baseball team.

"Our mandate of community outreach is one of the cornerstones of our mission," Paulson said.

The complex is expected to be completed this fall.



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 24. Osteoarthritis: you needn't be frightened about a frightening problem anymore

**Q:** I have been having a lot of pain in my neck. The doctor said that it was osteoarthritis and that I would have learn to live with it. What is your opinion?

**A:** As you might know, there is a tremendous amount of health research going on today. Much relates to the spine and nervous system. You might ask your doctor if he has read the latest study on osteoarthritis. The study showed that there was no correlation between the amount of osteo-arthritis and the amount of pain a person suffers. In fact it

has been found that pain and osteoarthritis are both caused by the same problem. Mechanical stress on the bone and joints is the biggest cause of pain and also the cause of that deformity of the joint your doctor calls osteoarthritis.

In Chiropractic we evaluate where the joint and bones are

stresses. Our chief purpose then is to remove the stress or irritation from the joint (and nerves) – not only to reduce pain but to allow the bones to be as healthy as possible as well. If you have joint pain, isn't it time you stepped up to , effective Chiropractic?

#### Flowers' Chiropractic Office

2124 N.E. Hancock Street

Portland Oregon 97212

Phone: (503) 287-5504

## Blazers Trade, Pick Guards on Draft Day

The Portland Trail Blazers acquired guard Raymond Felton from the Denver Nuggets in exchange for guard Andre Miller, while sending Rudy Fernandez and Petteri Koponen's NBA rights to Dallas as part of a three-team trade.

The exchange of players occurred on NBA draft day on Thursday as the Blazers selected guard Nolan Smith with the 21st overall pick in the first round, and guard Jon Diebler with the 51st overall pick in the second round.

Portland also acquired the draft rights to Jordan Hamilton (taken 26th overall) and Tanguy Ngombo (taken 57th overall) from Dallas for Fernandez and Koponen. Hamilton's rights were then sent to Denver as part of the Felton trade. On Monday, Portland acquired a future second round pick from the Minnesota Timberwolves in exchange for the draft rights to

Ngombo.

"I want to acknowledge our basketball personnel staff for their hard work and thorough preparation for tonight's NBA Draft," said Trail Blazers Owner Paul Allen. "I thought it was a very good night for the Portland Trail Blazers and our fans. "I also want to thank both Andre Miller and Rudy Fernandez for their contributions to the team these past few seasons and wish them all the best for the future."

Felton, 26, has career averages of 13.7 points, 3.4 rebounds, 6.7 assists and 1.46 steals in six seasons with Charlotte, New York and Denver. Smith, 22, played four seasons at Duke, where he was a member of the 2010 NCAA Championship team and named consensus First Team All-American, ACC Player of the Year and ACC Tournament MVP.