

CAREER & EDUCATION

Electrical Trade Offers Good Wages



The NECA/IBEW Electrical Training Center with its new solar panel.

Workshops to introduce you to a career in the electrical trade are scheduled this month, sponsored by Constructing Hope, the International Brotherhood of Electrical Workers (IBEW) and Oregon Tradeswomen.

Electricians enjoy satisfying and skilled careers while at the same time earning up to \$37 an hour at the end of an apprenticeship program.

A workshop for African American men will be held on Tuesday, Nov. 29; one for African American women will take

place on Wednesday, Nov. 30. Participants will learn how to wire a light and hear from electricians about the trade and how to apply for this opportunity.

Both workshops will run from 6 p.m. to 8 p.m. at Constructing Hope, located at 405 N.E. Church St.

For information about the men's night, contact Constructing Hope at 503-281-1234. For information about the women's night, contact Oregon Tradeswomen, Inc. at 503-335-8200, extension 31.



Students in training at IBEW prepare for well paying careers in the electrical field.



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 9. Low Back Surgery:

The unkindest and most unnecessary cut of all.

Q: Should I try chiropractic for my low back pain or have surgery and get it "fixed right?"

A: We hear this question quite often and considering many physicians' pro-surgery preoccupation, it's no wonder people ask such questions. That is, until they examine the facts. The truth is that in about 90% of low back pain, the problem is mechanical. Chiropractic has had and continues to have the best technique for treating spinal mechanical problems through gentle, exact adjustment with highly skilled hands. And Chiropractic requires no drugs,

surgery, recuperation or expensive hospital bills. With Chiropractic, the only side effects are the disappearance of symptoms and the recurrence of vitality.

Q: Which technique has better results for low back problems, Chiropractic or surgery?

A: According to a recent issue of Computer Medicine, low back surgery is one of the least effective procedures. In fact, 75

to 99% are unsuccessful. Before you make any decision, heed the advice of the "father" of low back surgery: "exhaust all methods of conservative care before considering surgery to the lumbar (low back) spine." To find out how Chiropractic can help you avoid back surgery, or for answers to any questions you might have about your health, please call us at the phone number displayed below.

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