

PHOTO BY CARI HACHMANN/THE PORTLAND OBSERVER

Jack Lewis, 75, who shares a household with his wife and four others, doubled the size of his composting and garbage bin to accommodate for food scraps, yard debris, and regular garbage.

Grumbling over Garbage

continued ▲ from front

are thinking about canceling garbage altogether.

"We'll haul our own garbage," he said.

Though not everyone agrees with the change, Penny hopes that people will give it a try. He said it may take a few months getting used to the composting and new garbage schedule before Portlanders are happy about it.

"It's a lot of work to change," said Mary Harris of northeast Portland. "But I've just been following the rules, and it's sinking in."

Harris resides in a smaller household with just her husband and has no problem with high-volumes of garbage. After separating food scraps, she automatically has less.

Annie Rose Shapero, 29, was cleaning out her car when she noticed that there was no room in the household garbage can she shared with four other roommates, and thought, "I have to sort this."

Shapero says even though most of her roommates are conscious recyclers, sometimes after two weeks, it gets really close to overflow.

She said, however, she likes it better this way.

"It's making us all re-think what we use," Shapero said. She said she will think twice about what she puts in the garbage and what she buys.

Things that come with a lot of packaging may not be the best option for limited space or the environment.

"I'd rather think it as an incentive to change my habits and reduce waste," she said.

Governor Will Stop Executions

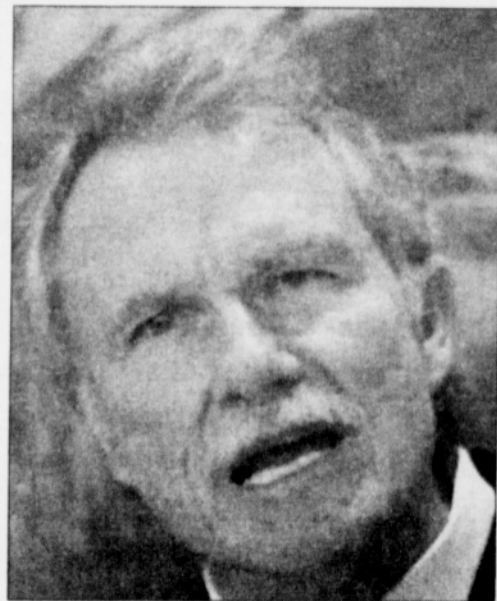
Calls death penalty morally wrong and unjust

Oregon Gov. John Kitzhaber announced Tuesday that he will not allow the planned execution of Gary Haugen or any death row inmate while he is in office.

Calling the death penalty morally wrong and unjustly administered, Kitzhaber said there would be no executions during his term.

The governor cited his constitutional authority to grant a temporary reprieve for Haugen. He said his decision on stopping all executions was because the death penalty is not handed down fairly with some inmates on death row for crimes similar to those who are serving life sentences.

He said, "Oregon has an expensive and unworkable system that



Gov. John Kitzhaber

fails to meet basic standards of justice.

A court decision had removed the final legal hurdle for Haugen's request to waive his appeals to be executed by lethal injection on Dec. 6.

Earlier this month, the Oregon Supreme Court ruled against a request to stop the execution by death penalty opponents.

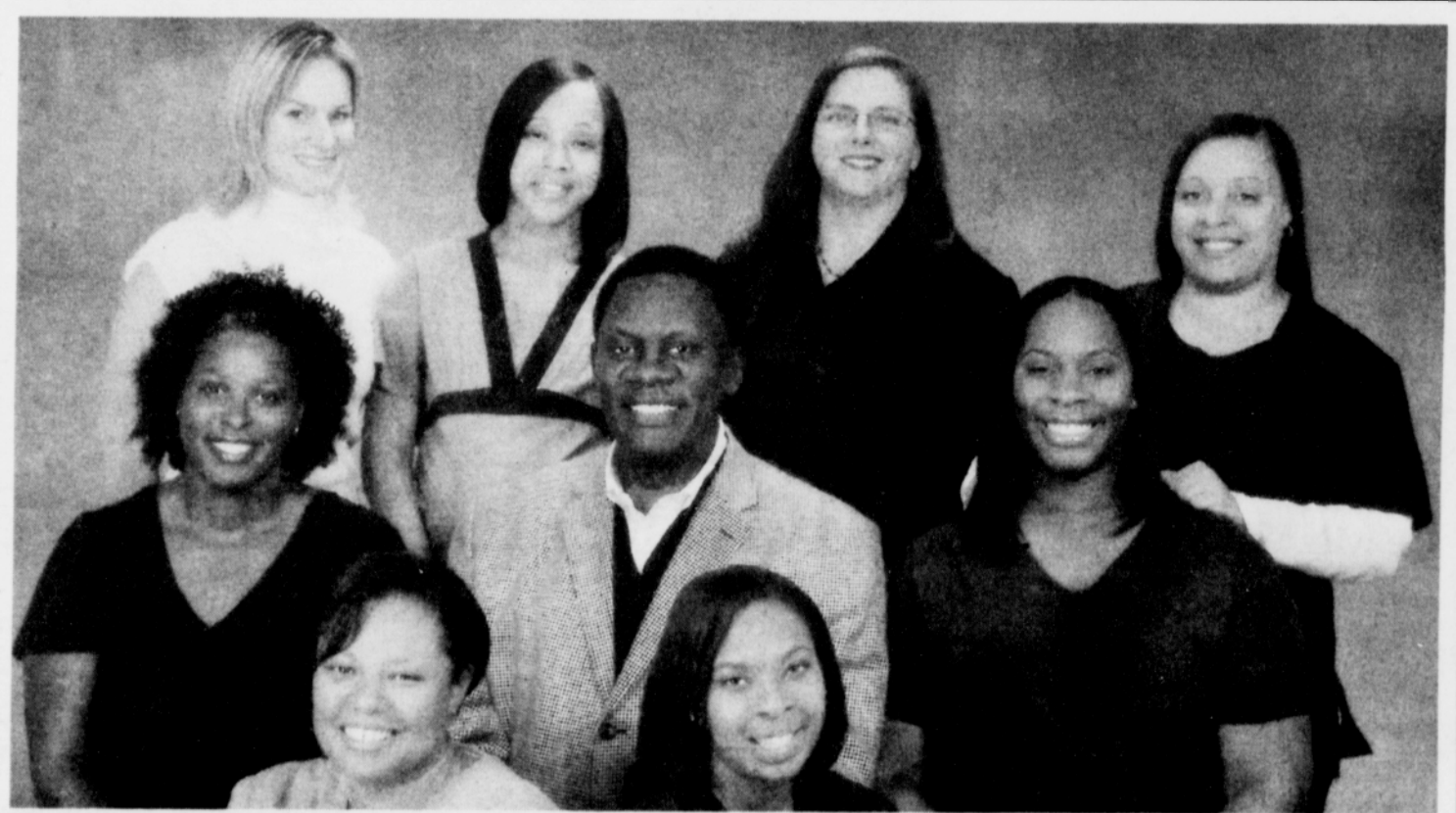
Storm Brings Street Flooding

A storm brought heavy rain to the Portland area Tuesday, clogging storm drains with leaves and flooding streets. High winds knocked down many trees across northwest Oregon, shutting Oregon 18 east of McMinnville.

Southeast 92nd Avenue was closed from Powell Boulevard to Division Street due to high standing water. Portland Transportation

Department officials said barricades and street closure signs will remain in place until the water can drain from the street, something not likely while the rainfall continues.

Officials said city crews would continue working to clear catch basins to help water drain from streets. Citizens were also advised to report a clogged storm drain or other roadway safety hazard to 503-823-1700.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

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PART 11. EXERCISE: Does it help low back problems, or only make them worse?

Q: A friend of mine showed me a series of exercises designed to help her low back problems. Is it all right for me to use them, too?

A: It would be enlightening to know the number of people with qualified back problems (fixation on the spinal joints) who are told they only need to exercise. They are given a brief exam and a sheet of stretching exercises to follow. They are led to believe nothing else need to be done. This is only incomplete therapy, it is also therapy that could easily lead

to very disastrous side effects. When we exercise and stretch muscles without removing the cause of the spasms, it actually forces the body to degenerate faster. You are better off to have done no exercising at all. In Chiropractic, we know the exercise is an important part of health, but only after Chiropractic care has removed the spinal fixa-

tions that caused the problem in the first place. Then and only then can the spine be correctly stretched and strengthened without traumatizing muscles and nerves. For a safe, gentle accurate assessment of your spinal situation or for answers to any questions you might have about your health please call our office.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504