

HEALTH WATCH

Smoke-Free Support Group -- Meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.

Osteoporosis Screening -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

Family Caregiver Support Group -- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan Hospital.

Free Body Basics -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

Empowerment through Relaxation -- Free informal meditation classes that address breathing techniques, some gentle ancient African yoga

poses and mental balancing techniques. People have left these classes joyful and with a peaceful view of their lives. Call Dr. Marcellette Failla at 503-228-6140.

Tenderfoot Care -- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Lead Poisoning Prevention -- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be

can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

Heart Talk Support Group -- Meets on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

Families with Mental Illness -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

Free Dental Services Day -- The Oregon Dental Association will host Mission of Mercy dental clinic on Monday, Nov. 23 and Tuesday, Nov. 22 at the Oregon Convention Center. Teeth cleanings, x-rays, fillings, extractions and partial dentures will be performed on a first come, first-served and at no charge. Doors will open at 6 a.m.

Youth Violence Prevention Advocate Dies

continued from front

director of the city's Youth Violence Prevention Office, which supports local organizations who help local youth with gang-related outreach, intervention, mentorship and family support.

When asked by the Portland Observer this month what he hopes for in the future for our youth, he said, "I would like to get back to a place where young people feel like they are part of a community instead of joining a group that carries detrimental risks to it."

Ingram said he was adamant

about both prevention and intervention programs to help youth stay out of gangs.

"We can create a community that our young people feel they belong as a part of it," he said.

Friends, loved ones and associates say Ingram was well-liked and respected. He was active in a number of non-profit organizations, including Big Brothers Big Sisters and Emanuel Community Services. He was chairman of the board of directors for Safe Place, Inc.

He is survived by his wife of 11 years, Dana. Funeral services are pending.

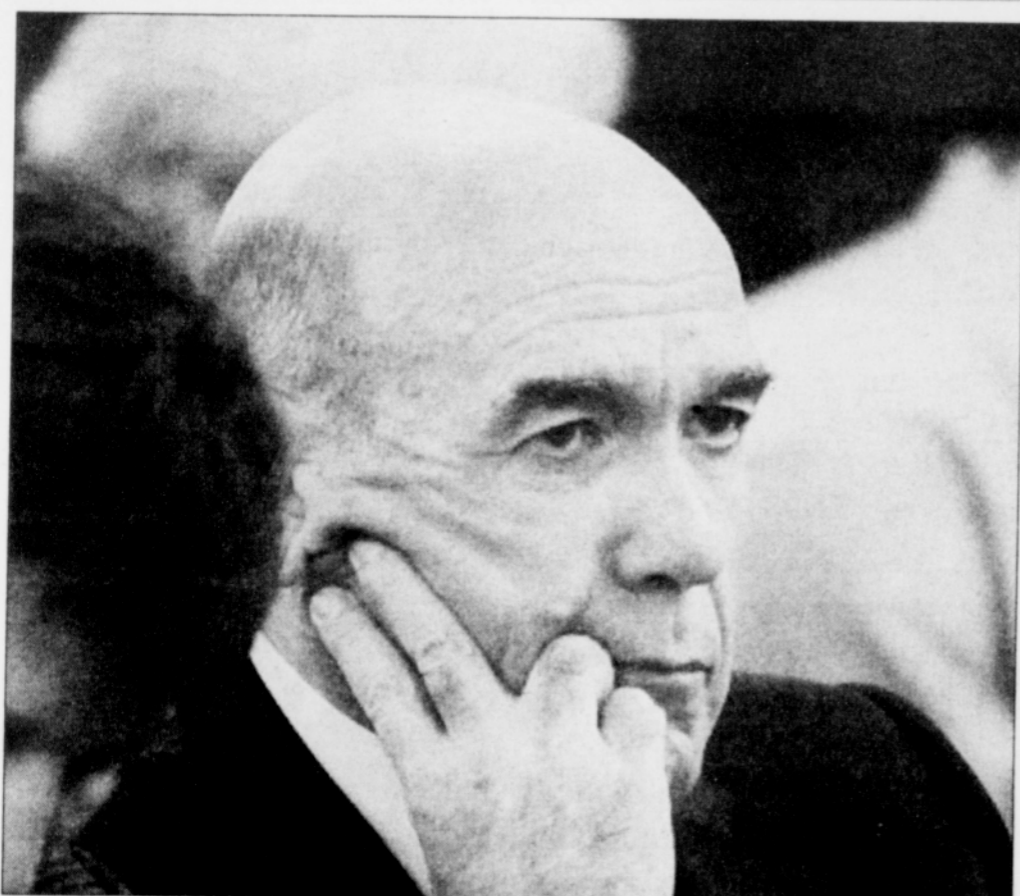
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University of Oregon President Richard Lariviere at Monday's meeting of the state Board of Higher Education. (AP photo)

UO President Fired

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complained he's being rebuked for being innovative.

Lariviere angered board members by lobbying the Legislature this year to give the UO more independence from six other schools overseen by the Oregon University System, despite a vote by the board opposing his proposal.

He suggested that the university have its own governing board, and that the state sell \$800 million worth of bonds that would be matched by private donations to fund the university through an endowment.

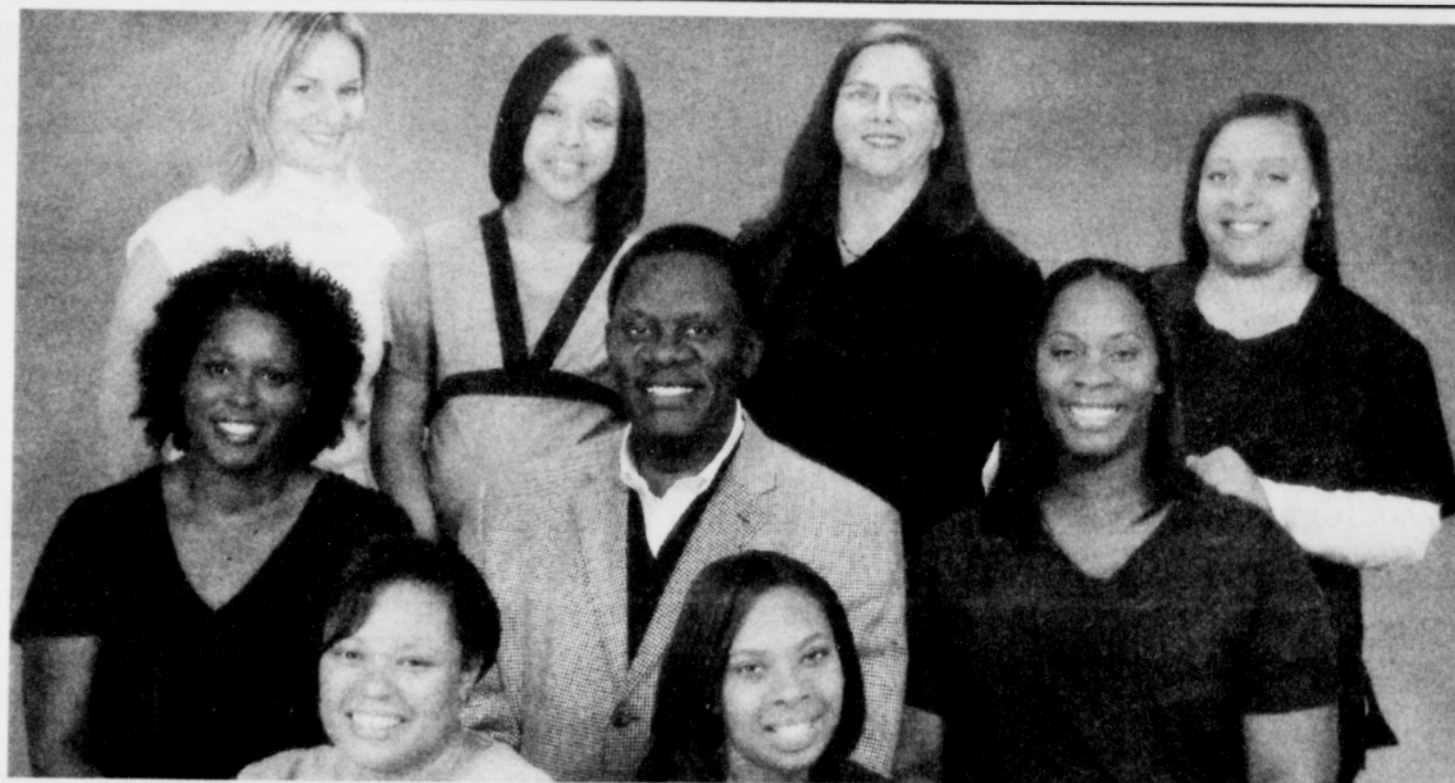
The president also frustrated his superiors by giving pay raises to more than 1,300 UO employees despite an order from Gov. John

Kitzhaber to limit salary increases. The governor said the pay hikes undermined his authority and have complicated labor negotiations with faculty at the other universities.

Board members said Lariviere's advocacy of the UO's independence almost doomed the University System's hard-fought attempt to get more autonomy for the whole system.

Under his watch, Lariviere said enrollment is at an all-time high, and the freshman class is more diverse and comes in with a higher grade-point average than ever before. He said the university has carefully managed its money during difficult times and has raised millions in private giving and research grants.

Associated Press contributed to this report.



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

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pain, but if left untreated, may disable you for days, months or sometimes permanently. The likelihood of disability increase dramatically in over 30. Fortunately, we are able to avoid many spinal problems with regular, precautionary checkups. Just as an eye exam or dental checkup prevents potential problems or corrects the problems or in its early stages, so do

Chiropractic checkups. Detected early, spinal defects are not only easier to treat, but may save a lot of pain and money, as well as reducing the chance of a disabling spinal disorder. To arrange for your checkup, or for answers to any questions you might have about your health, call our office at the number below.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

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