

HEALTH

Emanuel Celebrates 100 Years Saturday's festivities open to the community

The Portland community is invited to join Legacy Emanuel Hospital for their 100th anniversary celebration on Saturday, Oct. 6 in the north Portland medical center's atrium from 1 to 4 p.m.

The program will include remarks from Oregon Gov. John Kitzhaber and a short video presentation about the last 100 years that Emanuel Hospital has served local residents. Free cupcakes and entertainment will be served.

The 100-year old hospital will unveil a history exhibition spanning the late 1880s to present day with a focus on the surrounding Eliot Neighborhood.

Those who attend the celebration will have the chance to take emergency ve-

hicle tours on a life flight helicopter, AMR and Metro West ambulances, and a Portland Fire and Rescue fire engine.

There will be hands on demonstrations where attendees can watch a virtual reality pain management system used in the Legacy Oregon Burn Center, and a da Vinci surgical robotic system used in the hospital's operating room.

Bicyclists will enjoy a helmet fitting and sale, where multi-use and bicycle helmets can be purchased for \$5.

A Red Cross Blood Drive will also take place. Just preregister at redcrossblood.org and enter the sponsor code [legacyemanuel](http://legacyemanuel.org).

Visitors may also register for a bone marrow donor registry drive at marrow.org.



At Legacy Emanuel's anniversary celebration Saturday, the north Portland hospital will share historic stories from 100 years of service like this photo of an original Emanuel Hospital operating room taken between 1912-1915.

Cocaine Use Problems?

Are you addicted to cocaine and have you used opiates in the past year? A voluntary research study is offering 8 weeks of no-cost intervention. Participation may last up to 6 months. (OHSU eIRB #7431)

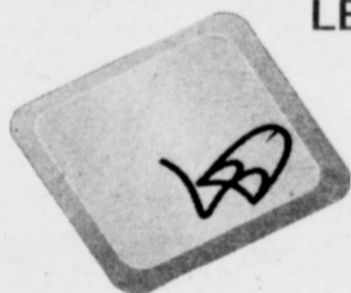
Compensation up to \$765

CODA Research

For more information contact: 503-239-8400 ext. 254

Small Business Computer Support and Training

LB3 Computing Solutions



Don't get bogged down with too much technology! LB3 helps you select the technology you need and makes it easy for you to use with training and support tailored just for you.

Conveniently located in Portland, Oregon

We make it easy and affordable. You'll spend less time at your computer and more time with your customers.

Call or email us today · info@LB3ComputingSolutions.com

503.621.6368

Avalon Flowers

520 SW 3rd Ave., Portland, OR 97204 • 503-796-9250



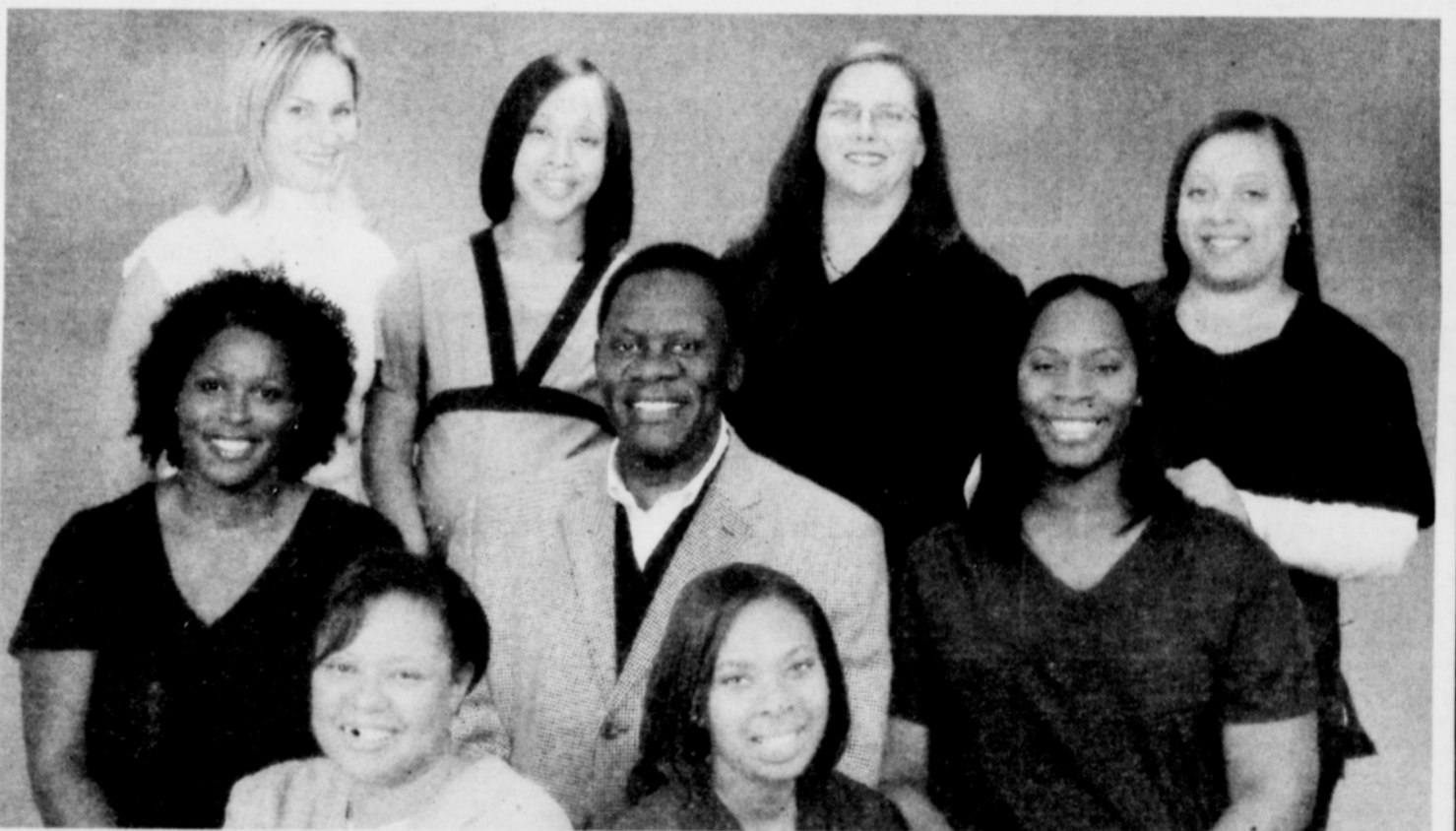
Cori Stewart--
Owner, Operator

*A full service
flower experience*

- Birthdays
- Anniversaries
- Funerals
- Weddings

**Open: Mon.-Fri. 7:30am til 5:30pm
Saturday 9am til 2pm.**

Website: avalonflowerspdx.com
email: avalonflowers@msn.com
We Offer Wire Services



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 21. Chiropractic VS Fatigue: Climbing the stairs to a new you, two steps at a time.

Q: I feel exhausted all the time. I don't want to take "pep" pills because of addiction possibilities. What can I do?

A: I have a good friend and patient who only a year ago at the age of 61 loved life but has a tremendous concern. He became fatigued so easily that any activity would leave

him exhausted. The interesting point with him was that he practiced excellent health habits. Nonetheless he got to the point where exercise was nearly impossible. He still climbed the steps at work

but would have to stop halfway up to catch his breath before continuing. I persuaded him to look to Chiropractic for increased vitality. At first he could not see a correlation between his nerves and his Energy level. I told him that it was virtually one and the same. Our nerves are the highways of energy

in the body. If the nerves are trapped or irritated, our energy will be drained as well. He took my advice and now instead of stopping halfway, he charges up the stairs, two steps at a time! If your vitality is giving up at the halfway mark, get charged up with Chiropractic. It's a natural!

Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

Phone: (503) 287-5504