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The Port of Portland is an AA/EEO employer committed to workforce diversity and affirmative action.

## Healthy Feet Near You

Two registered nurses specializing in feet care, Babs Smith and Sara Genta, have opened a new foot clinic in northeast Portland catered to the needs of community, especially the African-American population.

With services ranging from foot assessment to diabetic and fungal nail care, the cost is \$30 to

attend the clinic, which is offered on the first Wednesday of each month at The Urban League of Portland Multicultural Senior Center, located at 5325 N.E. Martin Luther King Blvd..

For an appointment, contact Arleta at 503-988-5470. For more information, visit [healthyfeetnurses.com](http://healthyfeetnurses.com).

## New Food Safety Rules Wanted

(AP) — The Food and Drug Administration has proposed the most sweeping food safety rules in decades, requiring farmers and food companies to be more vigilant in the wake of deadly outbreaks in peanuts, cantaloupe and leafy greens.

The long-overdue regulations are aimed at reducing the estimated 3,000 deaths a year from foodborne illness. Just since last summer, outbreaks of listeria in cheese and sal-

monella in peanut butter, mangoes and cantaloupe have been linked to more than 400 illnesses and as many as seven deaths, according to the Centers for Disease Control. The actual number of those sickened is likely much higher.

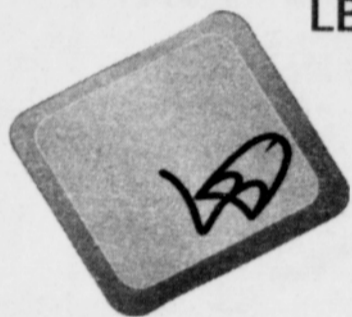
The FDA's proposed rules would require farmers to take new precautions against contamination, to include making sure workers' hands are washed, irrigation water is clean, and that animals stay out of fields.

Food manufacturers will have to submit food safety plans to the government to show they are keeping their operations clean.

Many responsible food companies and farmers are already following the steps that the FDA would now require them to take. But officials say the requirements could have saved lives and prevented illnesses in some of the large-scale outbreaks that have hit the country in recent years.

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### HEALTHWATCH

**Senior Aerobics** -- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

**Mind Body Health Class** -- Learn and practice techniques to help you improve your mood, health and wellbeing, including effective ways to manage difficult emotions and chronic stress or illness. Registration is \$70 for Kaiser Permanente members and \$95 for nonmembers. Call 503-286-6816.

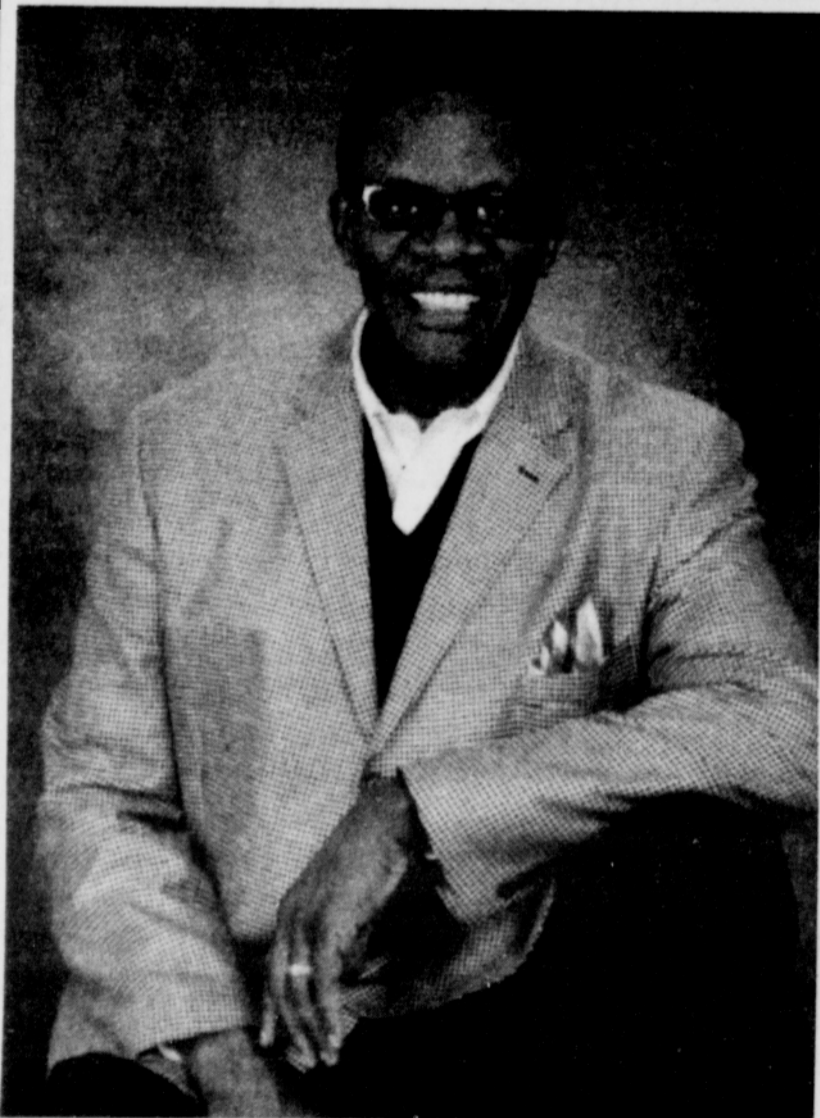
**Empowerment through Relaxation** -- Free informal meditation classes that address breathing techniques, some gentle ancient African yoga poses and mental balancing techniques. People have left these classes joyful and with a peaceful view of their lives. Call Dr.

Marcelitte Failla at 503-228-6140.

**Red Cross Certification** -- The Oregon Trail Chapter Red Cross now offers credits to help professionals maintain licensing or certification. For a cumulative list, visit [pdxinfo.net](http://pdxinfo.net).

**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 information.

**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.



Dr. Billy R. Flowers

## THE SPINAL COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

### Part 1. CHIROPRACTIC: For the best in natural healing, hearing is believing.

**Q:** How did Chiropractic care come about?

**A:** Spinal manipulations have been practiced for over 2,500 years. Hippocrates, the "Father of Medicine," advised: "look well to the spine for the cause of disease." But modern Chiropractic came of age back in 1895. In Davenport, Iowa, a patient came to Dr. D.D. Palmer complaining of back pain. This patient had also been nearly deaf since suffering a back injury 17 years earlier. Dr. Palmer noticed a bump on the patient's back, which he suspected was related to a dislocated vertebra.

To relieve the patient's pain and reposition the vertebra, Dr. Palmer placed him on a table and pushed down on his back, performing a spinal manipulation or "adjustment." He performed this adjustment three days in a row. By the third day, not only had the patient's back pain disappeared, his hearing reappeared. Today's Chiropractors know that the central nervous system (housed within the body's spinal column) provides the energy, which governs all bodily functions. By

making sure that the spinal column is in correct alignment, Chiropractors eliminate any possible interference, which would prevent the central nervous system from keeping the body functioning the way nature, intended.

To find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, please feel free to call us at the phone number shown below.

### Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504