

LAW & JUSTICE

Engaging Women with Government

Lunch series to feature Rep. Winters

Ladies at the Legislature, a popular brown bag lunch series created to engage women with government at the Oregon State Capitol, will feature Sen. Jackie Winters of Salem at its Friday, March 22 session from 11 a.m. to 1 p.m.

Sen. Winters will talk about her past role as Ombudsman for Oregon



Rep. Jackie Winters

Governors McCall and Atiyeh. The non-partisan event is co-hosted by the state lawmaker's republican colleagues, Rep. Julie Parrish of West Linn and Sen. Betsy Close of Albany.

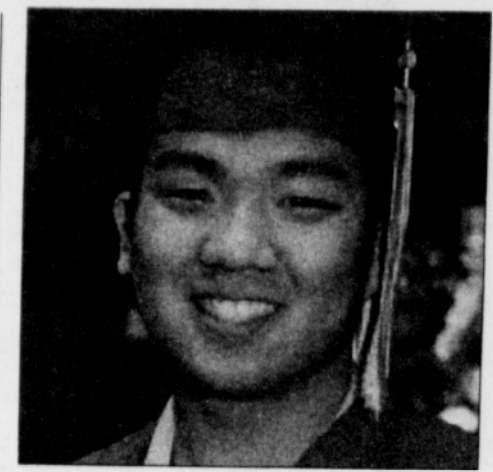
"We are so fortunate to have a speaker who has been so connected to Oregon's history over the last 40 years," said Parrish.

Women from high-school age and older are invited to come to Salem and experience the session which is intended to engage and educate women about the functional side of

Oregon government.

The non-partisan event, which has drawn women from across Oregon, has enjoyed notable speakers including Secretary of State Kate Brown and Gov. John Kitzhaber, both Democratic lawmakers.

The first hour includes a legislative activity such as attending a floor session or going on a Capitol. For the second hour, women are invited to bring their own lunch or buy one in the cafeteria and then engage in a roundtable discussion.



Larry Ma was killed in 2011.

Wanted: Teenager's Killer

Police are still on the hunt for the killer of 18-year-old Larry Ma, who was found in his car suffering from a fatal gunshot wound on July 20, 2011 in southeast Portland. At the time, officers searched the neighborhood for possible suspects but did not locate anyone.

Detectives believe Ma was shot while seated in his car some distance away from where officers found him and his vehicle crashed into a yard at 2214 S.E. 135th Ave.

Crime Stoppers is offering a cash reward of up to \$1,000 for information, reported to Crime Stoppers, that leads to an arrest in this case, or any unsolved felony, and you can remain anonymous.

Leave a Crime Stoppers tip online at crimestoppersoforegon.com, text CRIMES (274637) and in the subject line put 823HELP, followed by your tip, or call 503-823-HELP (4357) and leave your tip information.

Beaverton Named Safest City

Beaverton is the safest city in Oregon and the second safest in the Pacific Northwest according to the independent publication CQ press.

Beaverton improved its ranking from last year, from 64th to 55th in the nation.

Mayor Denny Doyle credits the city's fast police response times, high safety values and appropriate funds for its police as reasons for the excellence in safety marks.

AARP Tax Help Site Opens

Preparing one's taxes can be expensive and is oftentimes quite confusing to figure out without the help of an accountant or tax preparer.

The Salvation Army Portland Tabernacle is partnering with the AARP Foundation, the nation's largest free, volunteer run tax preparation program, to assist low-income residents in preparation of their taxes.

This free service will be on Tuesdays and Thursdays from 9 a.m. to 2 p.m. now through April 11 at The Salvation Army Rose Center for Seniors, located at 211 N.E. 18th Ave.

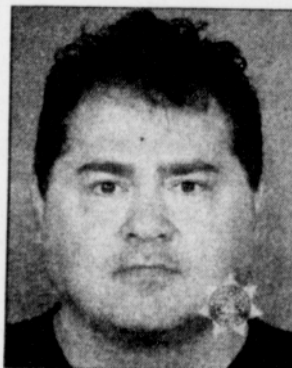
Appointments are required and can be made by calling 503-239-1221. For more details or to learn about other Tax-Aide sites, go to aarp.org/taxaide or call 1-888-AARP-NOW (1-888-227-7669).

Charged in Multiple Sex Crimes

Marlin Brandt Pohlman, 43, has been charged with kidnapping, rape, attempted rape, sex abuse, assault, sodomy, reckless endangerment, harassment and causing someone to ingest a controlled substance.

Police believe Pohlman was drugging women he knew and sexually assaulting them.

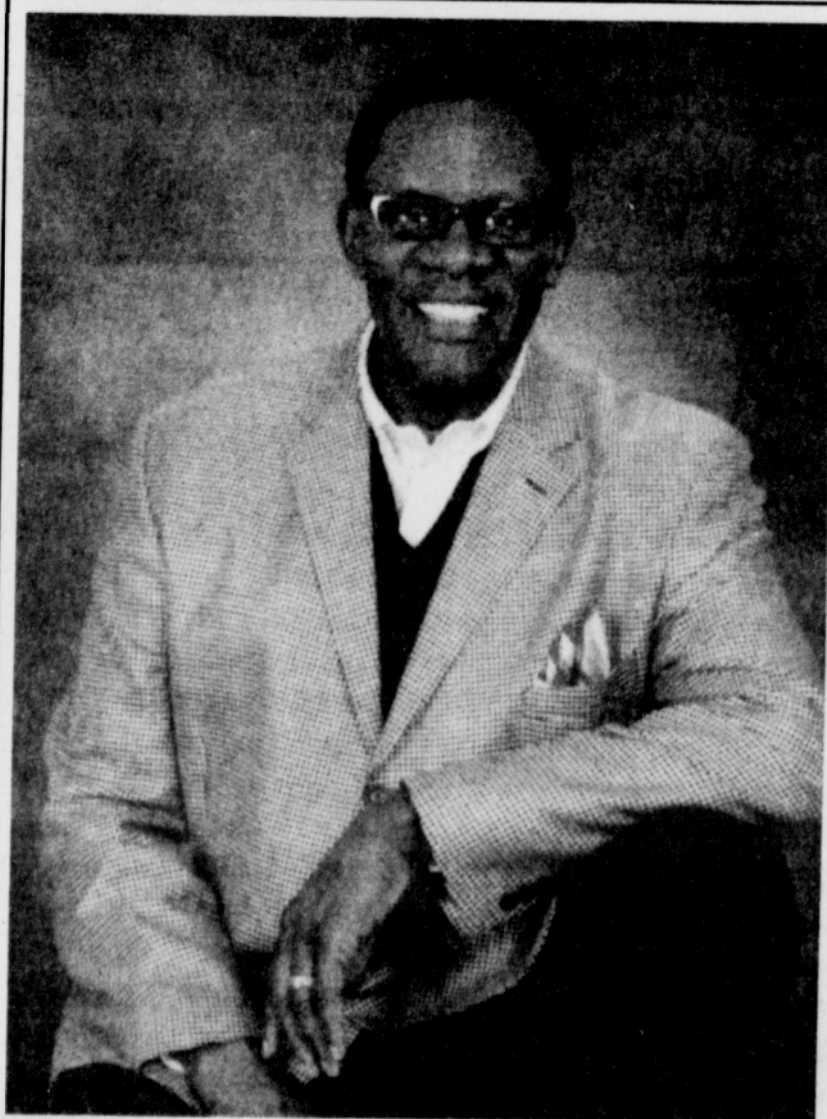
He was taken into custody at the Portland International Airport last week upon



Marlin Pohlman

returning from a visit to Thailand. Police also seized a possible drug lab in Pohlman's home in the 7100 block of North Chase Avenue. Bail was set at more than \$2 million.

Detectives are concerned that there may be additional victims. Anyone with information about Pohlman contact Detective Tracy Chamberlin at 503-823-0400 or email Tracy.Chamberlin@PortlandOregon.gov.



Dr. Billy R. Flowers

THE SPINAL COLUMN™

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

Part 8. CONSTIPATION:

The backing up of body's sewage system.

Q: *Nothing has ever really helped my constipation. What can Chiropractic possibly do?*

A: As a natural form of healing, there is much a Chiropractic and the improved lifestyle we recommend can do to remove the immediate distress and long term health hazards of constipation. But before we begin, you should understand that constipation takes two approaches. The first is the tight, sometimes painful feeling in the lower back area. The second and more insidious type is what we call "hidden constipation."

This is when we seemingly move our bowels regularly, but never completely eliminate everything in our colon (large intestine). This causes the colon to back up and spread toxic poisons throughout the body. This can lead to everything from sinusitis to allergies to arthritis. Chiropractic can help to alleviate this problem by gently turning nerves back on in the colon and small intestine. It is not uncommon for a patient to have two,

three or even four bowel movements after the first adjustments on his or her spine. A man with FBSS (failed back surgical syndrome) went home and had 12 bowel movements that night. And he claimed he wasn't even constipated! Whatever questions you might have about health and healing, you'll find that Chiropractic is often the answer. Call us for an appointment today.

Flowers' Chiropractic Office

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