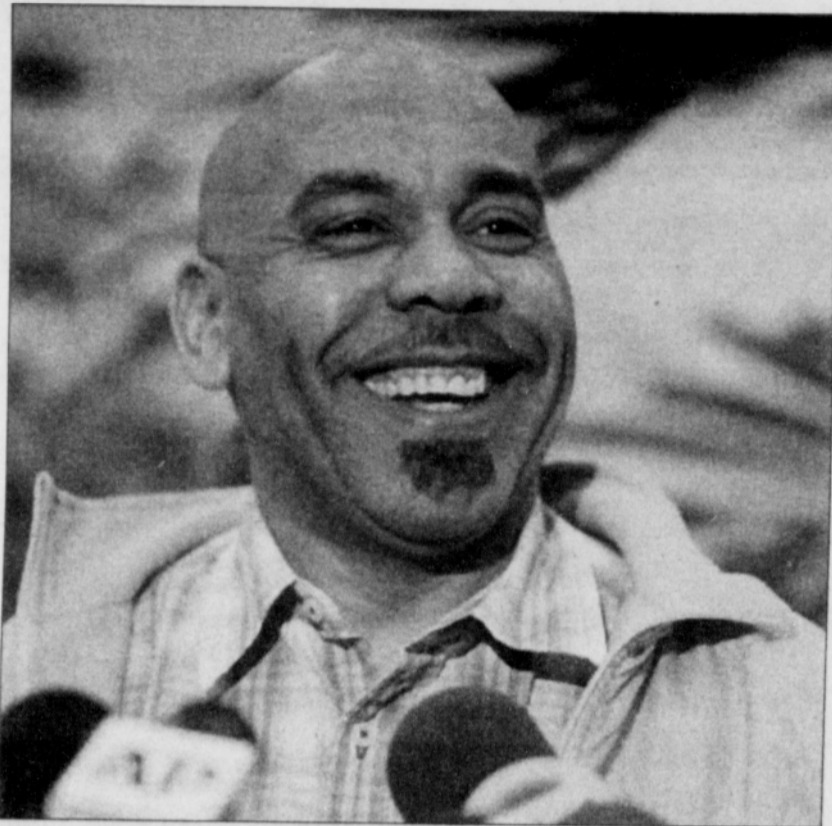


The Week in Review

**Pure Joy for Powerball Lottery Winner**

A New Jersey father of five who emigrated from the Dominican Republic stepped forward Tuesday as the winner of a \$338 million Powerball jackpot. Pedro Quezada's life of 18-hour workdays is all behind him and he now plans to help those in need. He said he felt "pure joy" and "never thought he would win such a prize."

**Arch Found May Have Cultural Significance**

Oregon State Parks staff recovered an unusual piece of debris near Oceanside Monday that could have floated in from the Japanese tsunami. The 16 foot object may have cultural significance. It is made of heavy wood and resembles the top of an arch used to mark sacred sites in Japan.

Bicycle Improvements Coming to North Williams

The Oregon Transportation Commission approved nearly \$1.5 million for bicycle and pedestrian improvements on North Williams Avenue between Broadway and

Killingsworth. The gentrifying street has been impacted by an increasing number of bike commuters who must navigate between heavy car and pedestrian traffic.

Gay Marriage Arguments

Supreme Court justices seemed to struggle with the notion of extending marriage rights to same-sex couples Tuesday as they grilled lawyers in a potentially landmark case over California's ban on gay marriages. The justices challenged lawyers on both sides on common points of contention.

Teacher Claims Retaliation

A Benson High School teacher is claiming he is being fired because of his protests against Planned Parenthood and abortion. Bill Diss said the school district placed him on paid administrative leave last week and plans to dismiss him because of his views. School officials would not discuss the case.

Arrest Follows Gun Menacing Complaints

A north Portland man was arrested Thursday on weapons violations after complaints about him menacing several neighbors by pointing a rifle at them. Neighbors also said Mark Evans Brandt, 53, was acting increasingly erratic, police said.

Better Breathers -- An asthma educational support group meets on the 1st Tuesday of the month from 1:15 p.m. to 2:45 p.m. at Adventist Medical Center. For information, call 503-251-6830.

Powerful Tools For Caregivers -- 6-week educational series designed to help family caregivers take care of themselves while caring for relatives or friends with chronic illness. Class

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HEALTH WATCH

size is limited, and registration is required. Call 503-413-8018.

Leg Alert Screening -- Check for peripheral arterial disease with this safe, simple screening using ankle and arm blood pressure. The fee is \$40. To schedule an appointment, call 503-251-6137.

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.

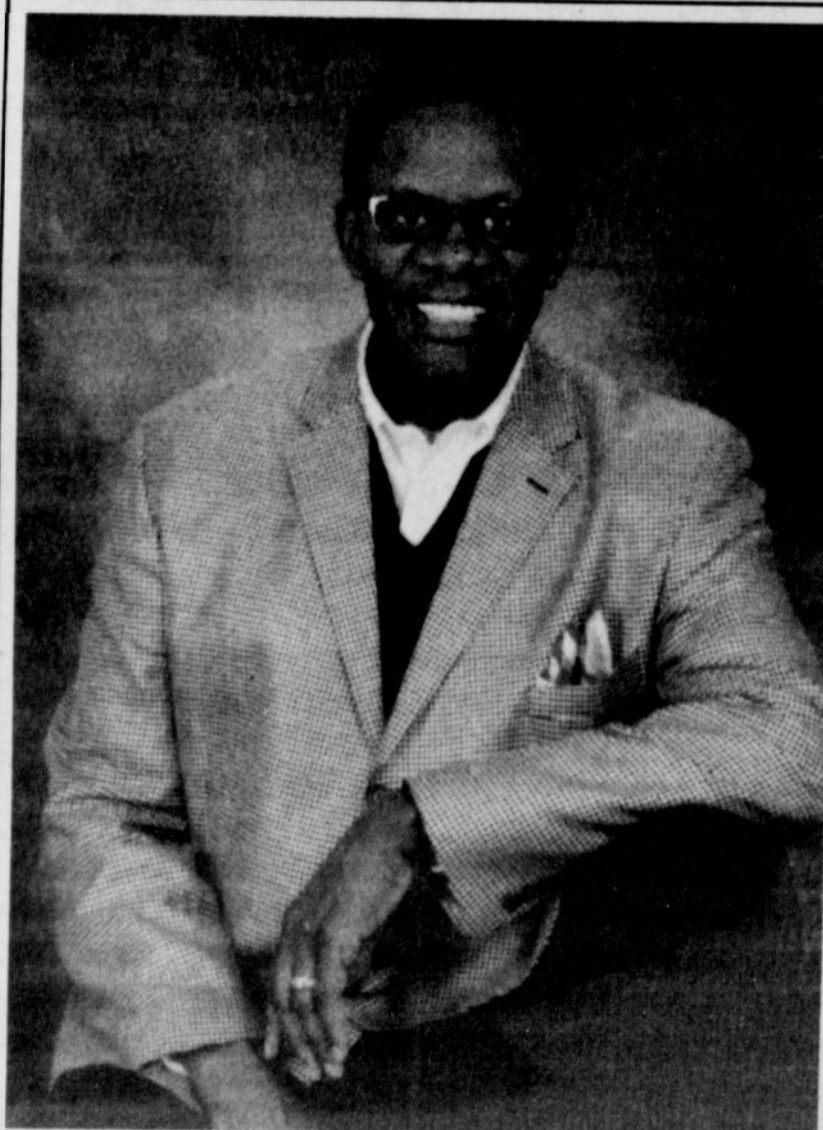
Family Caregiver Support Group -- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan Hospital.

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.

Take Off Pounds Sensibly -- TOPS meetings are held every Tuesday at 8:45 a.m. at the St. Michael's and All Angels Church, 1704 N.E. 43rd Ave. Anyone interested is invited to learn about this weight loss support program which offers information, encouragement, weekly programs, fun contests, discussion and socialization.

Cholesterol Profiles -- Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.

Bereavement Support Groups -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 9. Low Back Surgery:

The unkindest and most unnecessary cut of all.

Q: Should I try chiropractic for my low back pain or have surgery and get it "fixed right?"

A: We hear this question quite often and considering many physicians' pro-surgery preoccupation, it's no wonder people ask such questions. That is, until they examine the facts. The truth is that in about 90% of low back pain, the problem is mechanical. Chiropractic has had and continues to have the best technique for treating spinal mechanical problems through gentle, exact adjustment with highly skilled hands. And Chiroprac-

tic requires no drugs, surgery, recuperation or expensive hospital bills. With Chiropractic, the only side effects are the disappearance of symptoms and the recurrence of vitality.

Q: Which technique has better results for low back problems, Chiropractic or surgery?

A: According to a recent issue of Computer Medicine, low back surgery is one of the least effective procedures. In fact, 75 to 99% are un-

successful. Before you make any decision, heed the advice of the "father" of low back surgery: "exhaust all methods of conservative care before considering surgery to the lumbar (low back) spine." To find out how Chiropractic can help you avoid back surgery, or for answers to any questions you might have about your health, please call us at the phone number displayed below.

Flowers' Chiropractic Office

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