

**"Your Budget is our mission"**  
**BUDGET INSURANCE**  
 ENTERPRISES.LLC



**DANNY CHAN**



**DURAN BEASLEY**

At *Budget* we work with many insurance companies to find the best fit for your needs and to fit your *Budget*.

Call today for a free quote!

**503 515 4377**

Fax 503 610 7011 Office 503 254 7188  
 1710 NE 82nd Ave Portland, OR 97220  
 Independent agents serving Oregon & Washington

AUTO  
 HOME  
 LIFE  
 BUSINESS  
 HEALTH



**Obama Warns of Recession**

Eight days into the government shutdown and with the deadline to raise the debt ceiling looming, President Obama accused House Republicans Tuesday of threatening to cause a recession over their demands to gut the Affordable Care Act. "You don't get to say 'Unless you give me what the voters rejected in the last election I will cause a recession,'" Obama said.

**Week in The Review**

**New Healthcare Signups**

More than 9,400 people have signed up for individual or family health insurance in Washington through the state's new health benefit exchange. This comes after the Affordable Health Care law went into effect on Oct. 1.

**Killing near George School**

Police are searching for two teenage suspects following a shooting Monday in the 9500 block of North Burr Avenue that left a man dead with a gunshot wound to the head. Both George Middle School and Roosevelt High School, located near

the incident were put on lockdown following the shooting.

**Vista Suicide Prevented**

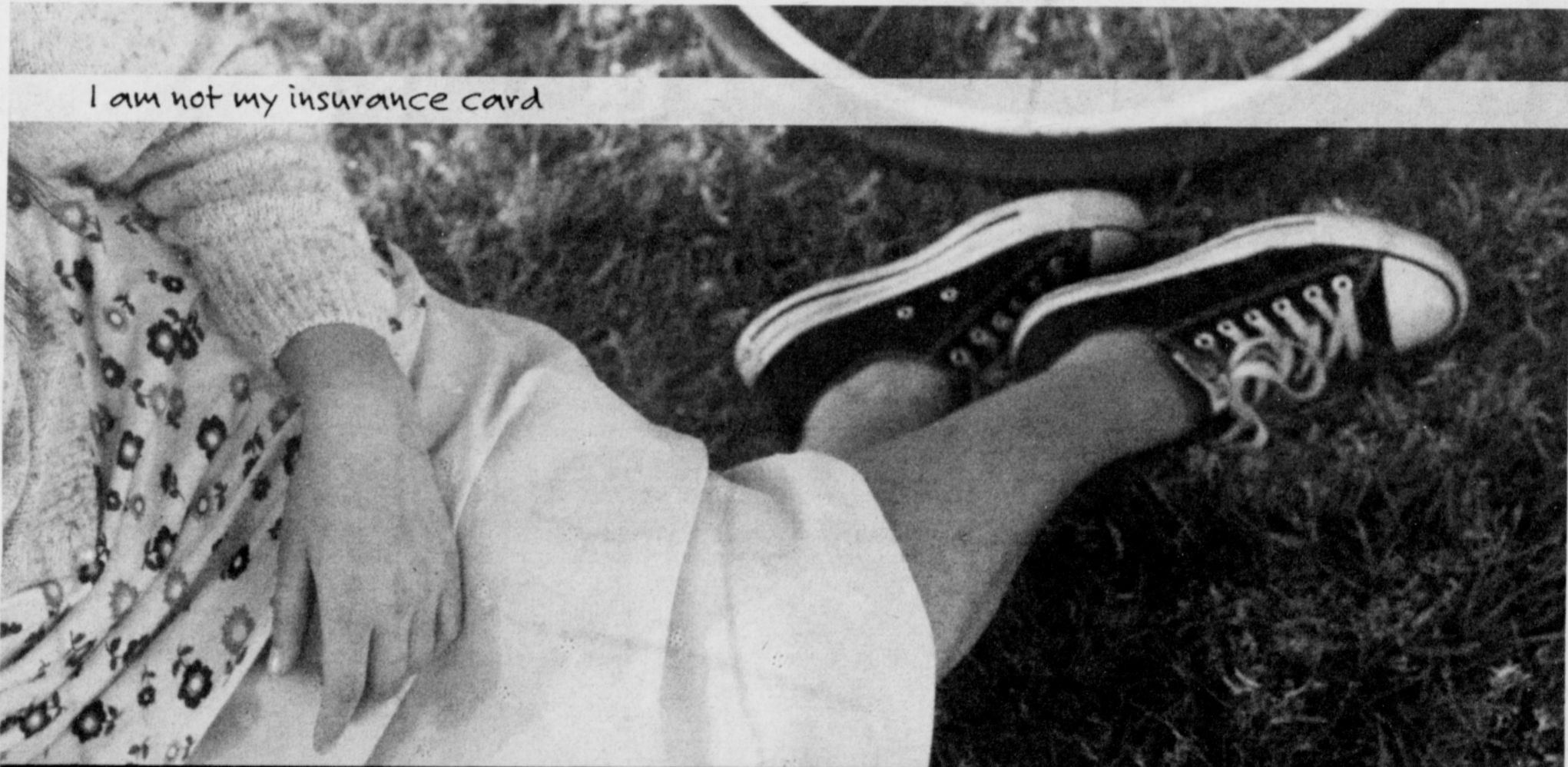
A 36-year-old suicidal man breached the barrier on the Vista Bridge in downtown Portland Monday. Police and crisis intervention officers showed up convincing him to step down from the bridge. He was then treated at a local hospital.

**50 New School Positions**

Portland Public Schools have green lighted adding 50 new positions in the schools. Offering both full and part time opportunities, the school board says the move comes in an effort to lessen the workload of current staff and therefore strengthen classrooms.

**Blazers Fall in Preseason**

In their preseason opener Monday, the Trailblazers were defeated at home by the Los Angeles Clippers 89-81. Portland was hampered by the absence of All-Star forward LaMarcus Aldridge, who was nursing a left quadriceps injury.

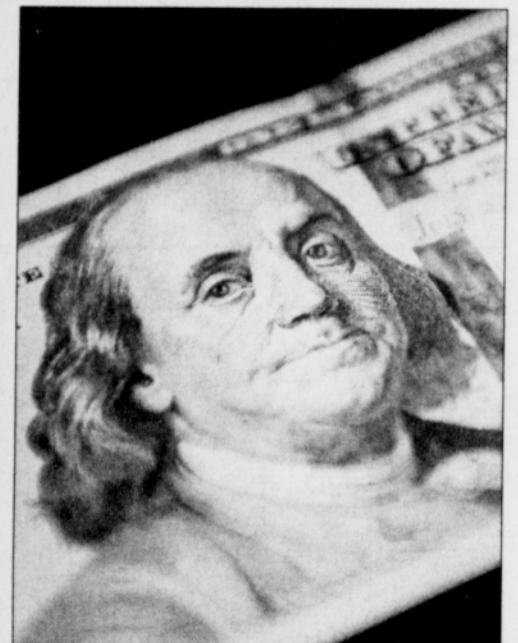


I am not my insurance card

We are WOMEN'S HEALTHCARE ASSOCIATES.

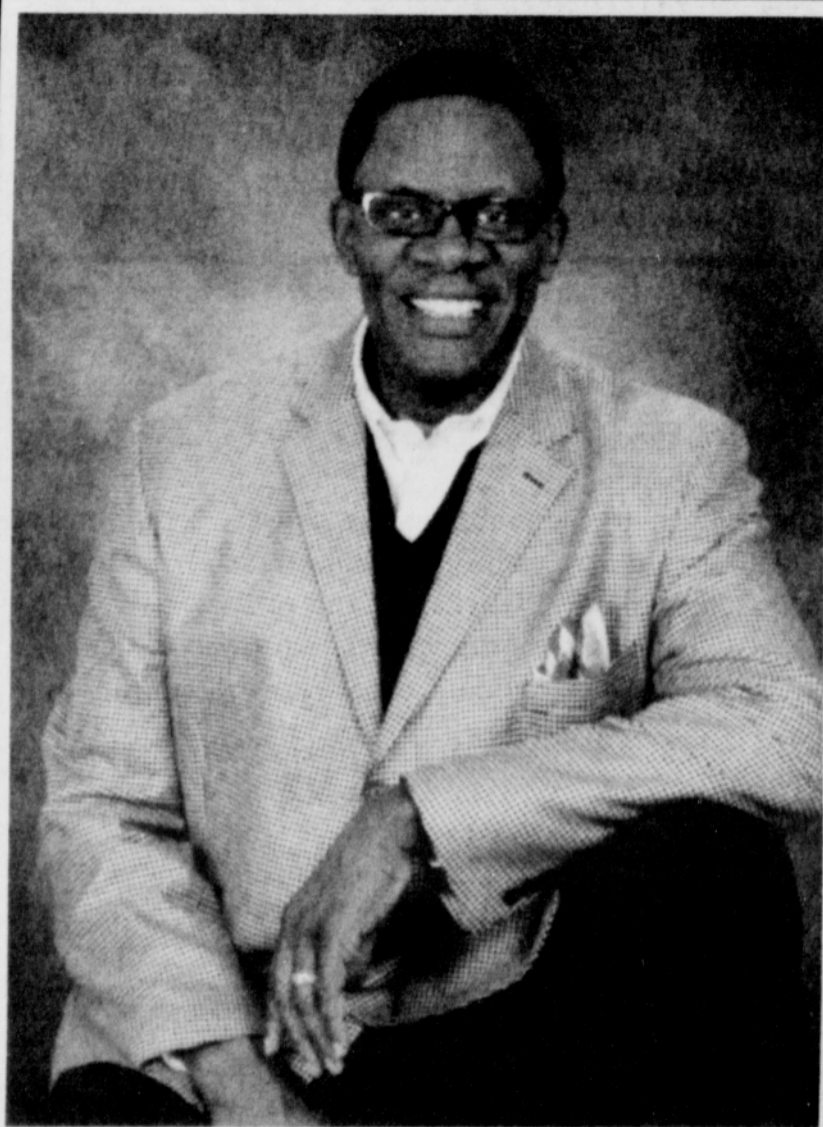
www.whallc.com

When you visit our offices, we see you first, not your insurance card. That's because we believe every woman deserves high-quality healthcare. And that's why we accept a full range of insurance plans. Chances are, we accept yours. There are other options, as well; talk to us to learn more.



**New \$100 Bill Roll Out**

The 100 dollar bill will continue to bear the face of Benjamin Franklin, but was rolled out with some new technology Tuesday. The Federal Reserve introduced the new high-tech design in an effort to better thwart counterfeiters.



Dr. Billy R. Flowers

**THE SPINA COLUMN™**

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

**Part 2: CHIROPRACTORS: Just how qualified are they to take care of your health?**

**Q:** I know that physicians need four full years of medical school to become doctors. How much training do Chiropractors actually get?

**A:** Following our under-graduate college training, Chiropractors must also complete an extremely demanding four-year curriculum. By the time we graduate, we've received a degree of competency in anatomy, chemistry, bacteriology, toxicology, pathology, physiology, diagnosis and x-ray. In fact, today's doctor of Chiropractic have as many hours of government approved classes in these health-

related subjects as any doctor graduating from medical school. Most importantly for you, we also spend *four full years* studying the spine, joint relationships and adjustment procedures. What's more, Chiropractors stay up to date with the latest health care developments by attending on-going seminars.

**Q:** Will my health insurance help me pay for Chiropractic care?

**A:** It varies from one insurance carrier to another. But for many people, Chiropractic care *is* covered. Check with your company's personnel department. Or feel free to call us. In fact, for answers to *any* questions you might have about your health, just call us at the number below.

**Flowers' Chiropractic Office**  
 2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504