

RELIGION



The Asante Children's Choir will perform Wednesday, Dec. 4 at 7 p.m. at Celebration Tabernacle, 8131 N. Denver Ave.

Choir Raises Hope and Joy

The Asante Children's Choir will perform traditional African and American worship music, as well as African folk songs, drum music and vibrant dance, during a free concert

on Wednesday, Dec. 4 at 7 p.m. at Celebration Tabernacle, 8131 N. Denver Ave.

Asante is a Swahili word meaning "thank you" and the African

children in the choir, many who are orphans or have parents who are unable to provide for them, are offering a "thank you" to supporting partners, by inspiring hope and joy

through music and dance. In return, the Asante Choir raises support to give hope to many other children in East Africa.

The work of Asante began in 1999, when founder and child refugee, Amon Munyaneza, began supporting just one girl, called Naomi, with school fees and regular Bible

studies. Soon his friends also started to support kids. Today, Asante is supporting more than 2,800 children, running three schools in East Africa and working in the East African nations of Rwanda, Burundi, and Uganda—countries which have been torn by great genocide, years of civil war and extreme poverty.

World Aids Day Concert

In association with Warner Pacific College, Chrysalis Ministries along with other community partners are presenting the second Annual World Aids Day concert.

The performance, entitled, 'I

speak Life', will take place Sunday, Dec. 1 at 3 p.m. at Warner Pacific College, 2219 S.E. 68th Ave.

The concert will be followed by a prayer vigil at 3:45 p.m. and will be concluded with an inspirational

musical tribute.

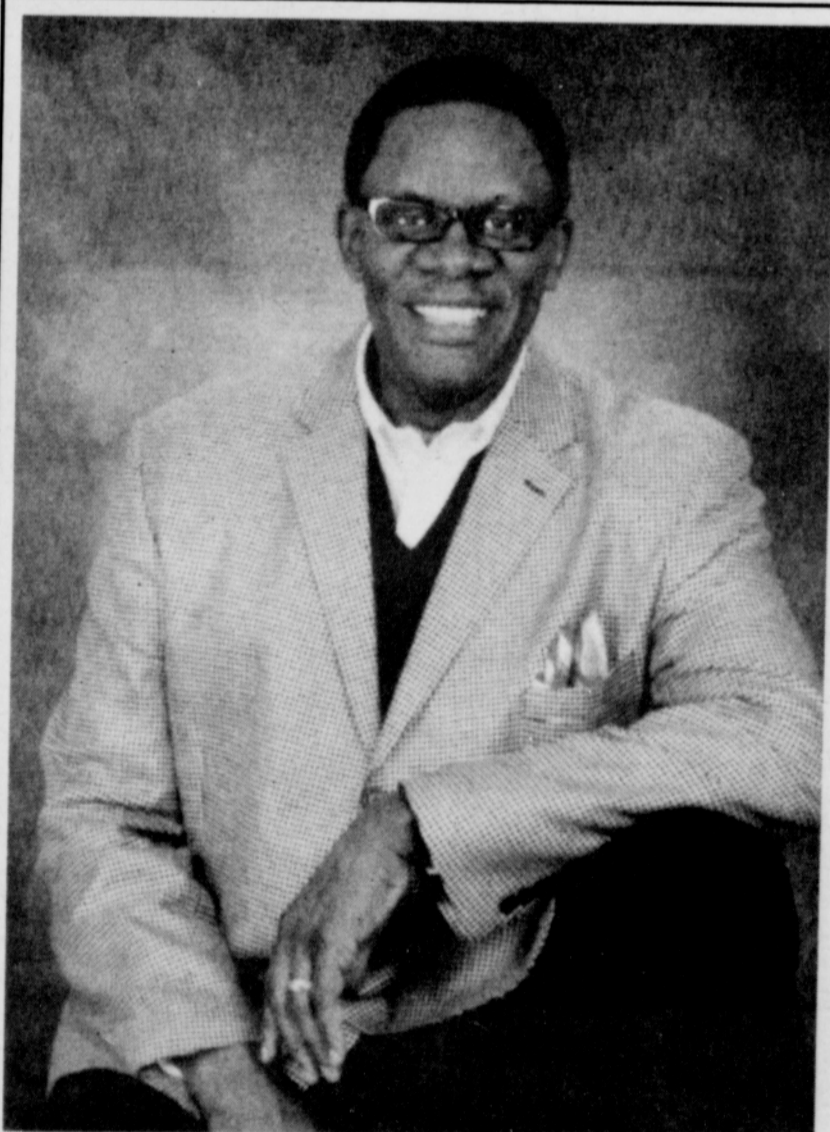
The event is a time to honor the lives of family and friends who are living with and/or have succumbed to an HIV or AIDS-related illness. The public is welcome and admission is free for all ages.

For more information, visit the website warnerpacific.edu/ispeaklife.

Women's Day at Allen Temple

The community is invited to join Rev. Dr. LeRoy Haynes and the Allen Temple C.M.E. Church family for their annual Women's Day Celebration on Sunday, Dec. 1 at 3:30 p.m. "Women Driven By The Purpose of God", Scripture

Jeremiah 29: 11-13, is the theme for the special afternoon of worship, music and fellowship. Dr. Yvette Assensoh, director of diversity for the University of Oregon is speaking. Allen Temple is located at 4236 N.E. Eighth Ave.



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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