

Help Getting Health Care

Help to enroll in health insurance is being offered through open houses across the state.

There are a lot of things to consider when choosing a plan that meet a family or individual's medical needs and budget, and talking to an insurance expert can help make an informed decision.

Marginalized groups, includ-

ing elderly residents, and non-English speakers, are expected to benefit greatly from the events which will take place in cities across the state.

In the Portland area there will be an open house Tuesday, Dec. 9, from 3 p.m. to 7 p.m. at the Cedar Hills Recreation Center, 11640 S.W. Park Way. Portland Community

College's Terrell Hall on the Cascade Campus in north Portland will host open houses on Saturday, Dec. 6 and again Saturday, Dec. 13, both days from 9 a.m. to 2 p.m.

To register for one of the events or for more information, visit coveroregon.com/events. You can also call the federal Health Insurance Marketplace call center at 1-800-318-2596, which is open 24 hours a day, seven days a week, and language assistance is available.



Congratulations Lady Tigers

The Trinity Lutheran School Lady Tigers are playing some great volleyball and becoming great ambassadors for the northeast Portland school. The team participated in a 32 team tournament in Coos Bay earlier this fall and won four matches to get to the finals and a second place finish. Pictured are (front row, from left) Raven Pearce, Anna Ek Juarez, and Jeri Bahr; and (back row, from left) Tamea Mitchell, Annie Bahr, Vivi Perez-Wolfe, Iman Pearce, Pooja Prasad, and Kendall Anfield.



Illuminating the Soul of Portland Holiday Events

Soul District Community Tree Lighting November 29, 2014 4-6PM

- live jazz from Soul 3; Visit from fire engine Station 13 & Full Tilt Riders motorcycle club, hot coco, cider, scratch it giveaways from Oregon Lottery & raffle prizes from local businesses
- Bring a new toy, non-perishable food item or monetary gift for donation and receive a raffle ticket. Location: NE MLK & NE Hancock Street (MLK Heritage Marker Park)

Window to the Soul Contest November 29-December 22

Local businesses "illuminate" & decorate their windows for the holiday season. Vote for your favorite "Illuminated Window" by liking their picture on NNEBA's Facebook page! NNEBA North NorthEast Business Association Portland PDX

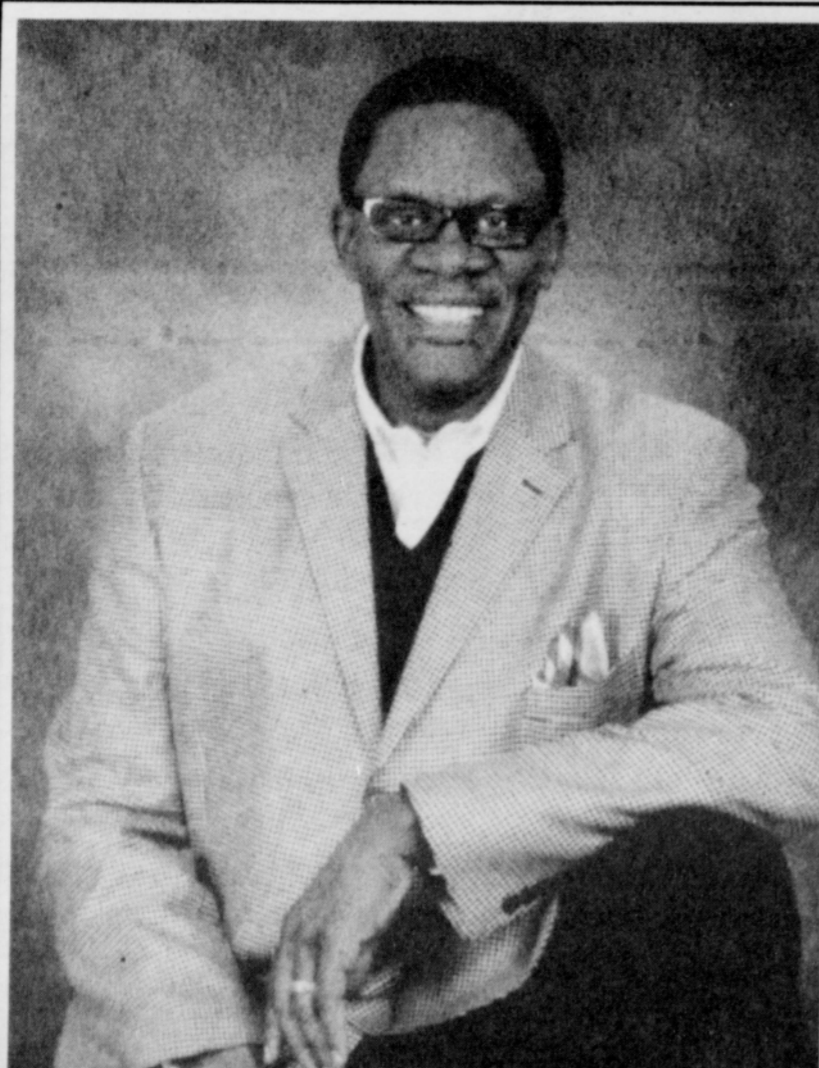
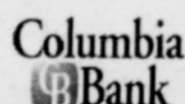
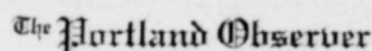
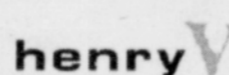
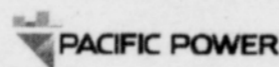
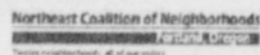
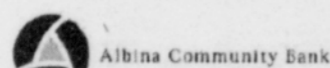
Soul District Holiday Buck November 29-December 31

When you spend \$25 at a participating Soul District Businesses you will receive a 10% off "Soul District Holiday Buck" to be utilized at another participating business. Find locations to pick up your bucks at www.NNEBAportland.org.

Soul District Bazaar & Gospel Sounds December 6 & 7, 2014 10AM-7PM

With up to 20 unique vendors, Soul District branding items and a tremendous gift wrapper!
Use your Soul District Holiday Bucks here. Location: 311 N. Ivy Street Portland, OR 97227. If you're interested in becoming a vendor contact NNEBA at 503-841-5032.

Invest in the Soul of Portland.
Thank you to our Sponsors!



Dr. Billy R. Flowers

THE SPINAL COLUMN™

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

Part 26 KIDS AND CHIROPRACTIC As the twig is bent so grows the tree

Q: I have recently noticed my son has one shoulder higher than the other. Could this be a sign of a problem in his spine?

A: Good thinking, mom! It surely could. In fact having one shoulder higher than the other is a cardinal sign of curvature of the spine. According to Chiropractic research, the earlier a curvature is caught, the higher the potential for success. To be certain about health of your child, call our office today for a professional spinal evaluation. Spines (big or small) are

our specialty.

Q: I have been told that my child needs an operation for a curvature in her spine. Is there an alternative?

A: You most definitely should have a thorough Chiropractic checkup on your child immediately. Spinal surgery gets. All conservative efforts at handling your child's problem should be considered before consent-

ing to surgery. Our office is highly trained and skilled at handling problems like that of your child's. Don't be fooled by the thought of "watching the condition" either. Without proper assistance it won't go away. Offer your children the best in health care. Give them regular Chiropractic checkups. As the twig is bent so grows the tree!

Flowers' Chiropractic Office

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