



Former State Sen. Margaret Carter speaks to students from Jefferson High School and the Portland Opportunities Industrialization Center/Rosemary Anderson High School at a 'Lunch with the Leaders' event at the North Portland Library.

## Investing in Youth

*continued from front*  
 All shared encouraging and powerful anecdotes about their career paths and the successes and setbacks along the way.

Carter. "I heard yes."  
 "Grit and an inquisitive nature -- those are the qualities companies are looking for," explained Howard.

The event also served as a forum for students to explore career choices and identify summer internship opportunities through Commissioner Smith's Summer Works program.

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Dr. Billy R. Flowers

# THE SPINA COLUMN™

For ongoing series of questions and answers about American spinal health problems.

## Part 34. Osteoporosis and Bone Loss Reversal

**Q:** Could my golf swing hurt my back?  
**A:** People who exercise regularly and perform stretching and strengthening exercise are less likely to injure their backs. Their supporting muscles, such as their stomach, hamstrings, and gluteals are stronger and more flexible from regular conditioning.

However, people who play golf or racquet sports are more prone to injuries because of the frequent twisting and bending motions. And casual athletes could be more at risk for injuries as well; depending on their level of

fitness. Most injuries of these types respond well to conservative chiropractic treatments. A chiropractor can show you how to prevent these injuries with proper conditioning and technique.

### Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504