

Upholstery Cleaning • Sofa/Loveseat • Pet Stains • Flood Restorations



**Complete House** 



We Also Do Janitorial Services

## Licensed • Bonded • Insured

Carpet Cleaning

Spot/Stain Removal • 24 Hour Flood Service Upholstery Cleaning • Area Rug Cleaning • Dry Time 2-4 Hours Free Estimates • Available Weekends

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 A from front

and Multnomah County Judge Adrienne Nelson.

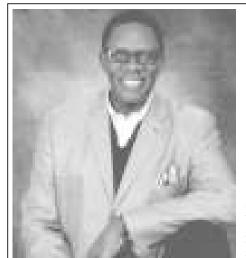
All shared encouraging and powerful anecdotes about their forum for students to explore career paths and the successes career choices and identify and setbacks along the way.

plained an energetic Senator gram.

Carter. "I heard yes."

"Grit and an inquisitive nasioner Loretta Smith's office; ture -- those are the qualities companies are looking for," explained Howard.

The event also served as a summer internship opportuni-"When I was running for ties through Commissioner office, I didn't hear no," ex- Smith's Summer Works pro-



Dr. Billy R. Flowers



Part 34. Osteoperosis and Bone Loss Reversal

Could my golf swing hurt my back?

People who exercise regu larly 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

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