

CLASSIFIEDS/BIDS

Residential Advisor Troutdale, Oregon

Residential Advisor needed! Provide safe, positive living environment that delivers guidance to students to ensure positive group living relations and achievement in the program. \$12.30 per hour with benefits package. High School Diploma or equivalent, two years related experience and/or training working with youth, and valid state driver's license with acceptable driving record required. Apply on line at <http://www.chugach.com/careers> or www.chugachjobs.com by Friday, February 13, 2015. Req. #OR010026.

Veterans and minorities encouraged to apply. We are an Equal Opportunity Employer....Women/ Minorities/ Veterans/ Disabled!



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for Mr Hal Johnson

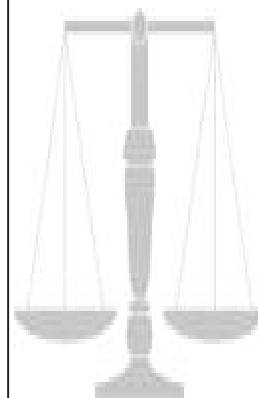
Sub-bids Requested
Tru-Met
United States Air Force - JBLM
Portland, OR- Bid Date: February 10, 2015-2:00 PM

Seal Documents may be viewed at:
Contract office: 4800 NE City Pk., Happy Valley, OR 97086
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Plans are also available at that location.

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1040 U.S. Individual Income Tax Return **2010**

For the year ended 12/31/2010 or other year ending

\$69
1040EZ

Matthew Green-Hite, CPA (503) 587-8751



Dr. Billy R. Flowers

Q: What age groups can a chiropractor help most?
A: This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

Infant and Young Children

Other mothers are often amazed to see a mother carrying her infant out of the adjusting room. And yet,

THE SPINA COLUMN

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

Part 35. Different Benefits by Age Group

since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care.

Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, their irritability is often a sign of the need to be checked.

Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our society develop scoliosis (curvature of the spine) during puberty.

Left untreated, scoliosis keeps getting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren't creating spinal problems they'll have to live with the rest of their lives.

Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition, most adults breathe in polluted air,

drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffered minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

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