



## Look Who's Turning 100!

**Willie Mae Hart**

You're invited to the 100th birthday celebration for Mrs. Willie Mae Hart on Saturday, April 11 from 2 p.m. to 5 p.m. at the Mt. Olivet Family Life Center, 872 N. Chautauqua Blvd. RSVP with Sharon at 503-493-4082.

## Remembrance



### In Loving Memory

**David Ray Nicholas**

Dec. 14, 1954 -- April 2, 2014  
David, we miss you so very much!  
Love, your family



**Showdogs** is a full service salon. We do baths, all over hair cuts, tooth brushing, nail trims, soft claws, flea treatments, mud baths, and ear cleaning. We also have health care and grooming products to keep your pet clean in between visits.

### Show Dogs Grooming Salon & Boutique

926 N. Lombard  
Portland, OR 97217  
503-283-1177

**Tuesday-Saturday** 9am-7pm  
**Monday** 10am-4pm

*Yo dawg is gonna look like a show dawg  
and your kitty will be pretty.*

FREE HEALTH SEMINAR

## FROM SICKNESS to HEALTH

WHEN: **APRIL 8-12, 2015**  
WEDNESDAY THRU SUNDAY

TIME: **Wednesday - Saturday 7PM**  
**2PM Sunday**

WHERE: **Adventist Medical Center**  
10123 SE Market Street, Portland



TO REGISTER:

Email: [fromsickness2health@gmail.com](mailto:fromsickness2health@gmail.com)  
Phone: 503.609.0780



Sponsored By: Alpha Impressions, Urban Health Project, Adventist Medical Center, Flouriche, Operation ReachBack, Inc. and more

## Subscribe! The Portland Observer

503-288-0033

Fill Out & Send To:

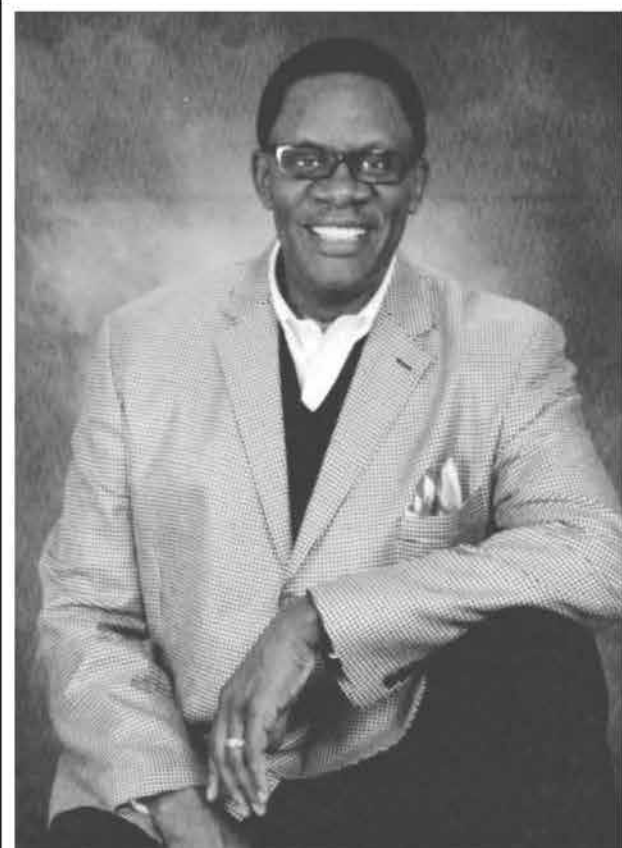
Attn: Subscriptions, PO Box 3137, Portland OR 97208  
\$45.00 for 3 months • \$80.00 for 6 mo. • \$125.00 for 1 year  
(please include check with this subscription form)

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

or email [subscriptions@portlandobserver.com](mailto:subscriptions@portlandobserver.com)



Dr. Billy R. Flowers

# THE SPINA COLUMN™

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

## Part 6. HEADACHES: Why Chiropractic is nature's long-lasting pain reliever.

**Q:** I always seem to be plagued with headaches. They come up over my head and seem to stop at my eye. What can Chiropractic possibly do to help me?

**A:** About 70% of all people experience headaches of one sort or another. The type you describe is quite typical. The pain can range anywhere from moderate to nauseating. The top three nerves in the neck go up over the back of the skull in a very similar pattern to what you describe. Any type of pressure or irritation on these nerves can cause

extreme pain. Your problems could be nerve-related and therefore, stand a very good chance of being relieved by Chiropractic.

**Q:** Why should I go through a full course of Chiropractic when drugs often relieve my headaches?

**A:** Drugs work primarily on relieving pain, but not on treating the cause of the headache. What's more,

drugs have serious side effects. The only side effects of Chiropractic are relief from pain and a healing of the cause of pain. To find out how Chiropractic could help relieve your headaches or for answers to any questions you might have about your health, please call us at the telephone number listed directly below.

### Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504