



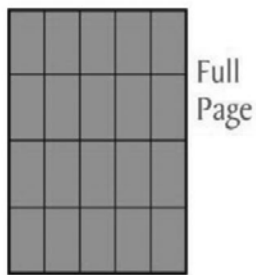
# The Portland Observer

## Healthcare Special Edition

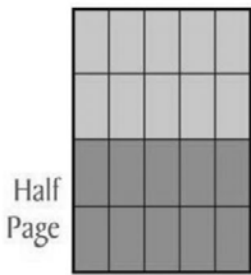


The Portland Observer understands that each person's health situation is unique. Eating right and physical fitness plays a big role in our lives and ultimately is the out-come of our health. We are dedicated and committed to providing Health resources to our community that directly answers questions and concerns to meet the needs of those who search for opportunities to find Hospitals, Dental clinics, fitness centers and other community resources. The Portland Observer Health Special is to share valuable information and to provide awareness to our readership that we may be able to help them find the resources they need in the Portland Observer Newspaper.

So please come join us and be part of our **Healthcare Edition May 20th**. We welcome your participation. **The ad deadline is May 13th**. Please send all advertisement to [ads@portlandobserver.com](mailto:ads@portlandobserver.com). Call an advertising representative now at (503) 288-0033.

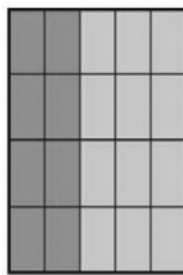


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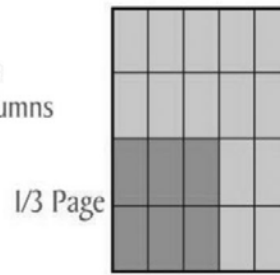


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## Jazz Students and Mentor Impress

CONTINUED FROM PAGE A1

rector, who has been involved in the Portland's jazz scene for 40 years.

Memory, who founded the American Music Program in 2005 as a regional jazz youth orchestra, has been in poor health in recent years due to complications from diabetes.

"There's an emotional commitment to playing 'Tattooed Bride' from memory. No professional group does that," Marsalis said backstage. "American Music Program wanted to play that for their band director, Thara Memory. They love him. They wanted him to feel it. ... For this band to play at that level, it was a great achievement."

Memory won a Grammy with his former student Esperanza Spalding in 2013 for Best Instrumental Arrangement Accompanying Vocalists for the song "City of Roses" from her album "Radio Music Society." The track also features students from the American Music Program.

The three-day Essentially Ellington competition featured 15 finalist bands — chosen from among 88 entries — performing Ellington compositions.

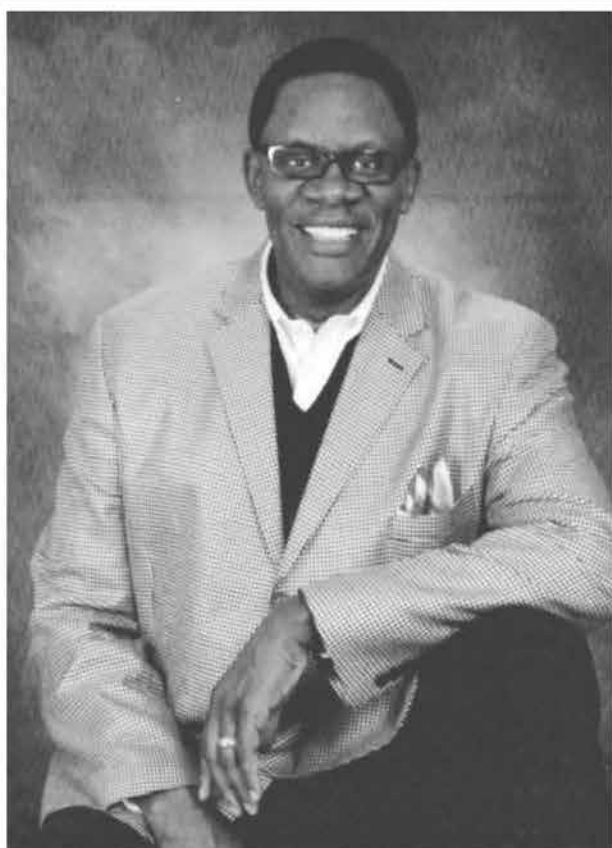
--Associated Press

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Dr. Billy R. Flowers

## THE SPINA COLUMN™

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### Part 9. Low Back Surgery:

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**Q: Should I try chiropractic for my low back pain or have surgery and get it "fixed right?"**

**A:** We hear this question quite often and considering many physicians' pro-surgery preoccupation, it's no wonder people ask such questions. That is, until they examine the facts. The truth is that in about 90% of low back pain, the problem is mechanical. Chiropractic has had and continues to have the best technique for treating spinal mechanical problems through gentle, exact adjustment with highly skilled hands. And Chiropractic re-

quires no drugs, surgery, recuperation or expensive hospital bills. With Chiropractic, the only side effects are the disappearance of symptoms and the recurrence of vitality.

**Q: Which technique has better results for low back problems, Chiropractic or surgery?**

**A:** According to a recent issue of Computer Medicine, low back surgery is one of the least effective procedures. In fact, 75 to 99% are

unsuccessful. Before you make any decision, heed the advice of the "father" of low back surgery: "exhaust all methods of conservative care before considering surgery to the lumbar (low back) spine." To find out how Chiropractic can help you avoid back surgery, or for answers to any questions you might have about your health, please call us at the phone number displayed below.

### Flowers' Chiropractic Office

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