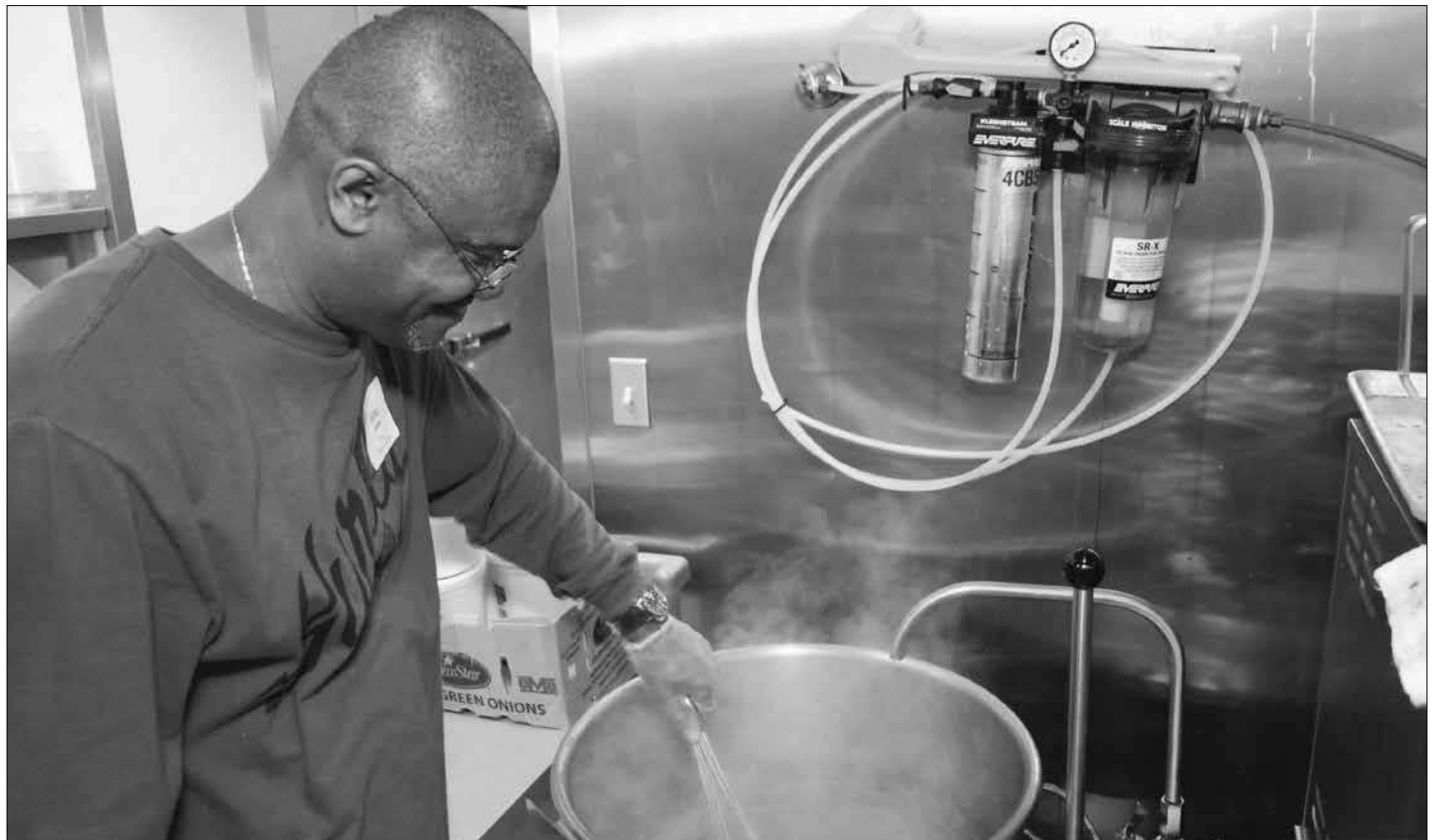


# Thanksgiving at Union Gospel

Union Gospel Mission will be hosting a Thanksgiving meal for the homeless and anyone in need on Thanksgiving Day, Thursday, Nov. 26 from 10 a.m. to 2 p.m. in a large tent in front of the downtown mission.

Close to 200 volunteers will be involved in the preparation and serving of the free Thanksgiving dinner. In addition to the traditional holiday meal, guests will receive cold weather gift bags, which contain hats, gloves and scarves. Union Gospel Mission will also have snack packs for guest to take with them after the event which contain cookies, chips and a soda.

*A big vat of gravy gets stirred by a Union Gospel Mission volunteer for a Thanksgiving meal for the homeless and anyone in need. The mission serves this year's traditional holiday meal on Thursday, Nov. 26 from 10 a.m. to 2 p.m.*



## Food Cart Opens to Needy

Nola's Southern Cuisine, a food cart located across from Wells Fargo Bank in the 5800 block of Northeast Martin Luther King Jr. Boulevard, will be giving out free Thanksgiving dinners to those in need on Thanksgiving day, Thursday, Nov. 26, from 1 p.m. until 3 p.m.

"We are trying to get the word out to people who may be interested," said Nola's Southern Cuisine representatives.

## Refugees FROM PAGE 2

budget so that the council could become a full commission, making recommendations to City Council around immigrant and refugee issues and policies in their diverse communities.

## Holiday Meals for Homebound

### Meals on Wheels to serve isolated seniors

Meals on Wheels People will deliver more than 1,000 hot turkey dinners to homebound seniors on Thanksgiving Day, Thursday, Nov. 26. The organization will also host community Thanksgiving dinners the next day at some of its locations in the Portland metro area.

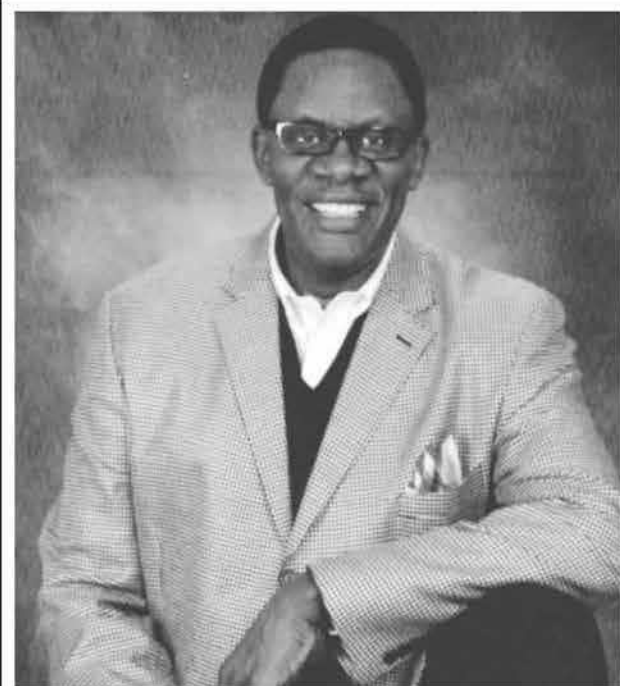
"A traditional holiday meal with turkey and all the trimmings will be delivered by volunteers to our most frail and isolated seniors on Thanksgiving Day," said Meals on Wheels People Executive Director Suzanne Washington. "We are so grateful for the community volunteers who spend part of their holiday making the day brighter for these seniors."

The next day, Thanksgiving dinners will be served between 11 a.m. and 1 p.m. on Friday, Nov. 27 at the Elm Court Center, 1032 S.W. Main St., downtown, and the Meals on Wheels sites in Beaverton, North Plains and Tigard.

The menu includes roast turkey and gravy, cranberry relish, bread stuffing, mashed potatoes, yams, peas and carrots, cranberry gelatin salad, potato rolls, and pumpkin pie with whipped topping.



*Volunteers make deliveries to seniors for Meals on Wheels at Thanksgiving last year.*



*Dr. Billy R. Flowers*

## THE SPINA COLUMN™

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

### 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

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