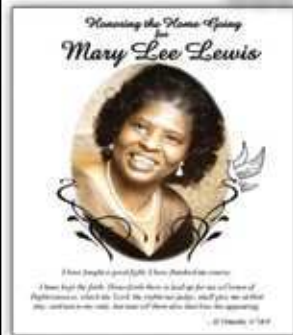


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SPORTS Fitness Model Crowned

Fitness model Andrea Green of Portland is celebrating a first place trophy at a world bodybuilding championship.

The Pro-Elite completion for drug-free competitive natural bodybuilding was held Nov. 12 in Kansas City, Mo. and sponsored by the North American Natural Bodybuilding Federation and In-



Andrea Green

ternational Federation of Physique Athletes.

Green attributes her meteoric rise in the field to "intense focus, training and mental discipline to reach this pinnacle at such a rapid pace."

The only contestant from Oregon, Green runs a personal training business in Portland. She expects Portland to see a lot more of her as she gets a foot in the athletic modeling business with local sportswear companies.

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Sportsperson of the Year

For leading the Cleveland Cavaliers to an NBA title and ending the city's 52-year title drought, LeBron James has been chosen Sports Illustrated's Sportsperson of the Year, joining Tiger Woods as the award's only two-time winners since its inception in 1954. Appearing in his sixth straight NBA Finals in June, James rallied the Cavs from a 3-1 deficit to defeat the favored Golden State Warriors.



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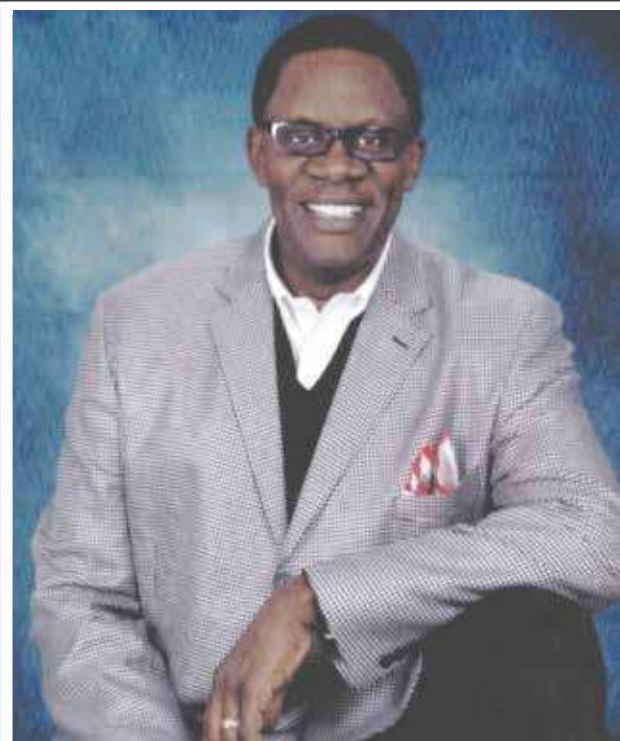
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Part 17. Understanding Pain:

Why do you have it? How can you get rid of it?

Q: My friend constantly takes pills. I've tried to convince her to see a Chiropractor. Can you make any suggestions?

A: You might try asking your friend this: "If you heard a fire alarm going off in the middle of the night, would you call the Fire Department or would you

Yank the wires out of the wall and calmly go back to sleep?" You see, pain is your nervous system's fire alarm. Pain pills may alleviate the

pain but will do nothing to take the stress off the spine and nervous system. When the body yells, "Fire!" and you experience pain; it is trying to get your attention that it is being injured. When there is stress in the nervous system, this is a serious problem.

The nervous system controls every other function of the body and left un-

treated can cause ill-health in other areas of the body as well. Our specialty is finding the cause of your problem and taking care of it, painlessly, without drugs...Just as nature intended. If you suffer from pain, stop pulling the alarm wires from the walls. Together, we can put the fire out...for good!

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