



JaMartae Brown (center) returns to his roots at Portland's Self Enhancement, Inc. to announce his signing of a contract to play professional football for the Bismark Bucks in the Indoor Football League.

SEI Alum to Play Pro Football

Returns home for signing ceremony

A former Jefferson High School athlete and student at Self Enhancement, Inc., was welcomed back to his roots in north Portland to announce his signing of a contract to play professional

football.

JaMartae Brown will play for the Bismark Bucks from North Dakota in the Indoor Football League. The contract offer follows his senior year at Peru State in Nebraska.

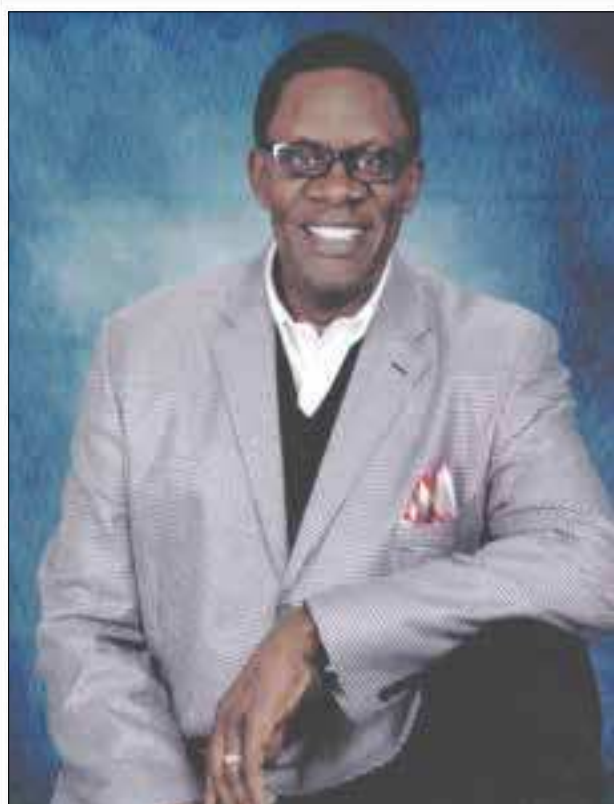
Brown was joined by his friends and family and SEI students and administrators for last week's signing ceremony.

He said he at first struggled to find a good fit in college because his grades were not good coming out of high school, landing at Phoenix College, a junior college program for two years before earning a scholarship to Mayville State University in North Dakota. But when his coach got fired he transferred to Peru State in Nebraska where he fin-

ished his senior year while also studying English and Journalism.

Brown said the key for him was never giving in.

"It took hard work, Never giving up when it got tough. God, family, community and unity to get where I'm at right now. It's just the beginning of something special," he said.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 15. Back Pain: Why "oh, my aching back" has become such a popular phrase.

Q: I always know when my back hurts. But I rarely know why.
A: Statistics tell us 80% of all men, women, and children will experience back pain in their lives. Chiropractors can also tell you why. There are, for example, several mechanical malfunctions that cause back pain. Among them are: Direct pinching on the nerve. This is the reason many people give for their back pain, but in fact, "pinched nerves" only account for about 10% of it. Edema (swelling) This occurs from inflammation due to

simple strain or subluxation. Fixation. This is yet another component of what we call the vertebrae are not moving the way nature intended. Other factors include muscle spasm and disc herniation. Of course, in addition to knowing you have back pain, chiropractors also know how to make it go away. By eliminating the components of the subluxation complex and allowing the central nervous

system to function the way nature intended, we Chiropractors not only relieve your back pain symptoms, we remove the cause. Without drugs. Without surgery. Without doubt. Call our office for an appointment today to find out how Chiropractic can help your "aching back." Or if you have any questions about your health, just call us at the number below.

Flowers' Chiropractic Office

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