



Avalon Flowers

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Open: Mon.-Fri. 7:30am til 5:30pm
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Website: avalonflowerspdx.com
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We Offer Wire Services

THE SPINA COLUMN™

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

Part 19

The Golden Years: Keeping in full swing throughout the autumn of life

Q: *Back when I was younger, I loved playing golf. Now something is always hurting so I don't dare play! Could you help?*

A: It is so unfortunate that millions of our senior citizens have worked and saved and give to their Community only to find the "golden years" more "old" than "gold". Right at the height of their freedom, they often find it difficult to get around, their old activities.

Unfortunately, it is often thought that they must "learn to live with it" or be given yet another pain pill. Actually that may be anything but true. In our office we commonly see people in their seventies and eighties. And they love the spring in their step and the twinkle in their eyes they get through



Dr. Billy R. Flowers

Chiropractic. Why don't you get back in the swing of things again? Give us a call today. Isn't it time you stepped up to Chiropractic? Life's "golden years" truly can be golden once again!

To find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, please feel free to call us at the phone number shown below.

Flowers' Chiropractic Office
2027 Lloyd Center Mall,
Portland Oregon 97232
Phone: (503) 287-5504

FOOD

Crispy Garlic-Sage Potatoes

Ingredients:

- 4 pounds potatoes
- 1/2 cup olive oil
- 6 sage leaves, finely chopped
- 2 teaspoons kosher salt
- 1/2 teaspoon pepper
- 8 garlic cloves, smashed

Directions:

1. Put a baking sheet on the bottom oven rack and preheat to 375 degrees F.
2. Peel potatoes and cut into wedges. Toss with olive oil, sage, salt and pepper.
3. Spread on the hot baking sheet and roast 30 minutes.
4. Stir, then add garlic; continue roasting until golden, about 30 minutes.
5. Increase the temperature to 400 degrees F and cook until crisp, 15 more minutes.
6. Season with salt.



Whole-Wheat Spaghetti with Leeks and Hazelnuts

Ingredients:

- Kosher salt
- 12 ounces whole-wheat spaghetti
- 4 tablespoons extra-virgin olive oil
- 3 large leeks, white and light-green parts only, thinly sliced
- 2 teaspoons sugar
- 2 teaspoons balsamic vinegar (preferably aged)
- 1 small head radicchio, halved, cored and thinly sliced
- 6 ounces creamy Italian cheese, such as fontina or taleggio, cubed
- 1/4 to 1/3 cup hazelnuts, toasted and chopped

Directions:

1. Bring a large pot of salted water to a boil. Add the spaghetti and cook as the label directs.
2. Meanwhile, heat a large skillet over medium-low heat and add 2 tablespoons olive oil. Scatter the leeks in the skillet and season with 1 teaspoon each salt and sugar. Cook, stirring occasionally, until tender, about 10 minutes.
3. Drain the pasta, reserving about 1 cup of the cooking liquid. Add the pasta and the reserved cooking liquid to the skillet with the leeks. Add the remaining 2 tablespoons oil, 1 teaspoon sugar and the balsamic vinegar.
4. Increase the heat to medium-high and add the radicchio and cheese. Toss until the cheese melts, 3 to 5 minutes. Season with salt and top with the hazelnuts.



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