

THE SPINA COLUMN™

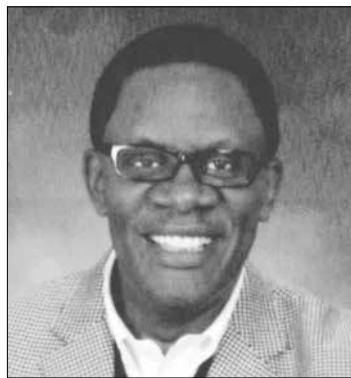
An ongoing series of questions and answers about America's natural healing profession.

Part 31

Is my leg pain related to my recent back injury?

Sharp pain radiating from you back down one leg can be a result of a pinched nerve in the spine. Herniated discs and bone spurs are two of the most pinched nerve in the spine. Disc in the spine function like shock absorbers; and they can become damaged from an injury or normal use.

Your leg pain is likely related to a problem in your lumbar spine, although it is hard to pinpoint exactly what triggered your pain. You might have had a pre-existing condition made worse by a recent injury. The good news is this type of pain often resolves on its own or with chiropractic treatment. If the pain lasts



Dr. Billy R. Flowers

longer than a few weeks, or if you have noticeable weakness in your leg or foot, talk to a doctor about getting an MRI.

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

Scores of International Films to See

The 43rd Portland International Film Festival (PIFF) opens Friday, March 6, and runs through March 15. The festival runs a full week shorter than in prior years, but with more mid-day screenings, so if your schedule is flexible enough, you still have the opportunity to see scores of films during the festival run. I'll squeeze in 30 films from all over the world when it's all said and done.

I've caught three films in pre-views. The best is "The Cordillera of Dreams," the final film in a stunning trilogy by documentary filmmaker Patricio Guzman, who has lived and worked in exile from his native Chile since the beginning of Pinochet's violent coup in 1973. Since then Guzman has made more than 40 films about Chile; in this trilogy, the elements and Chile's dramatic landscape are enlisted to support a spiritual investigation into the country's troubled and unresolved history. In "Nostalgia for the Light" (2010), archeological investigation of the Atacama Desert and astrological investigation of the night sky become parallel entry points into the search for the disappeared in Chile; in "The Pearl Button" (2015), the water that surrounds Chile, with its unusually long coastline, contains the memories of violence that began with colonizers and slavers who changed everything forever, and its tides have washed away evidence

OPINIONATED JUDGE

BY
DARLEEN ORTEGA



PHOTO COURTESY ICARUS FILMS

Acclaimed Chilean filmmaker Patricio Guzmán takes on the world's longest mountain range, the peaks that delineate the Chile-Argentina border, in a new documentary about the victims of the late Augusto Pinochet's brutal dictatorship, as well as protests that shake Chile today. "The Cordillera of Dreams," is one of the top films screening at the Portland International Film Festival.

of their crimes. Here, Guzman's point of investigation is the Andes mountains, the largely impassable Cordillera (the mountain range to the south that towers over Santiago

and accounts for the majority of the country's land mass). Guzman, who again narrates this personal film,

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Get help with health insurance

Stop by for face-to-face help with your CareOregon health insurance at a Connect to Care event. We'll connect you to the care you need. Not enrolled? We'll see if you're eligible for the Oregon Health Plan (OHP). If you are, we'll get you enrolled, set up appointments and more.

SNAP assistance
available at
ALL locations



CLACKAMAS

Beavercreek Clinic Free Food Market
110 Beavercreek Rd, Oregon City
Tuesday, March 3, 2020
9:30-11 a.m.

Clackamas Service Center
8800 SE 80th Ave, Portland
Tuesday, March 10, 2020
10 a.m.-12 p.m.

A Safe Place Family Justice Center
256 Warner Milne Rd, Oregon City
Tuesday, March 17, 2020
10 a.m.-1 p.m.

Orchid Health Clinic
535 NE Sixth Ave, Estacada
Friday, March 20, 2020
10 a.m.-12 p.m.

Make getting health care
simpler with Connect to Care,
formerly goMobile.

careoregon.org/connect-to-care

MULTNOMAH

Department of Human Services:
Alberta Office
30 N Webster St, Portland
Tuesday, March 3, 2020
10 a.m.-12 p.m.

CareOregon Open Hours
315 SW Fifth Ave, Portland
Wednesday, March 4, 2020
12-3 p.m.

Department of Human Services:
East County Office
11826 NE Glisan St, Portland
Friday, March 6, 2020
11 a.m.-2 p.m.

Community Conversations
with the Mayor
Multnomah Arts Center Gymnasium
7688 SW Capitol Hwy, Portland
Saturday, March 7, 2020
9 a.m.-12 p.m.

PSU Free Food Market
PSU Park Blocks, Portland
Monday, March 9, 2020
11:30 a.m.-1 p.m.

MULTNOMAH

Department of Human Services:
SE Malden Office
8129 SE Malden St, Portland
Tuesday, March 10, 2020
1:30-3:30 p.m.

Meaningful Care Conference
Portland Airport Sheraton
8235 NE Airport Way, Portland
Wednesday, March 11, 2020
8 a.m.-3 p.m.

CareOregon Open Hours
315 SW Fifth Ave, Portland
Wednesday, March 11, 2020
9 a.m.-12 p.m.

Portland Rescue Mission
Burnside Shelter
111 W Burnside, Portland
Friday, March 13, 2020
8-10 a.m.

CareOregon Open Hours
315 SW Fifth Ave, Portland
Wednesday, March 18, 2020
9 a.m.-12 p.m.

Department of Human Services:
East County Office
11826 NE Glisan St, Portland
Thursday, March 19, 2020
9 a.m.-12 p.m.

MULTNOMAH

Union Gospel Mission
3 NW Third Ave, Portland
Tuesday, March 24, 2020
2-4 p.m.

Wallace Medical Concern
124 NE 181st Ave, Portland
Tuesday, March 24, 2020
9 a.m.-12 p.m.

CareOregon Open Hours
315 SW Fifth Ave, Portland
Wednesday, March 25, 2020
9 a.m.-12 p.m.

WASHINGTON

Beaverton City Library
12375 SW Fifth St, Beaverton
Thursday, March 5, 2020
12-2 p.m.

Department of Human Services:
Hillsboro Office
5300 NE Elam Young Pkwy, Hillsboro
Thursday, March 5, 2020
9-11 a.m.



CareOregon
connect to care