



The TLC TnT group of youngsters enjoy the pizza they helped make at Domino's Pizza in north Portland.

Loving Care Goes a Long Way

continued ▲ from Front

and college age students who serve as peer mentors. They are junior and senior counselors who have grown up learning the principles and values of TLC TnT and as a result, have chosen to reflect these high standard values in their daily roles as leaders.

"It's awesome to see how our kids move on from here, go to school and do things that at one time seemed unattainable or too far fetched to accomplish," said Faye Palmerton, program visionary. "Regardless of the circumstances, every kid is a good kid. We give these young people the support and encouragement they deserve to succeed. Then we watch them blossom into remarkable leaders. Care goes a long ways."

Parents and guardians are in-

cluded to participate in monthly parent training sessions, an annual overnight retreat and other special activities.

training sessions are reinforced by other supports, including a 24-hour hotline to assist youth and families with issues ranging

"It's awesome to see how our kids move on from here, go to school and do things that at one time seemed unattainable or too far fetched to accomplish ."

The adults cover essential topics such as how to have a family meeting and establish expectations, how to approach parent-teacher conferences, and recognizing the importance of taking time for oneself and finding fun activities to do with kids.

The connections and trust that are established during camp and

from custody challenges, homework problems and the fear of physical harm.

As a result of all the work, support and loving care, TLC TnT has worked hard to build a community of successful young people.

For more information or to participate, call 503-916-6320.

Arts Celebrated All Summer Downtown

Performing arts center hosts series focused on fun

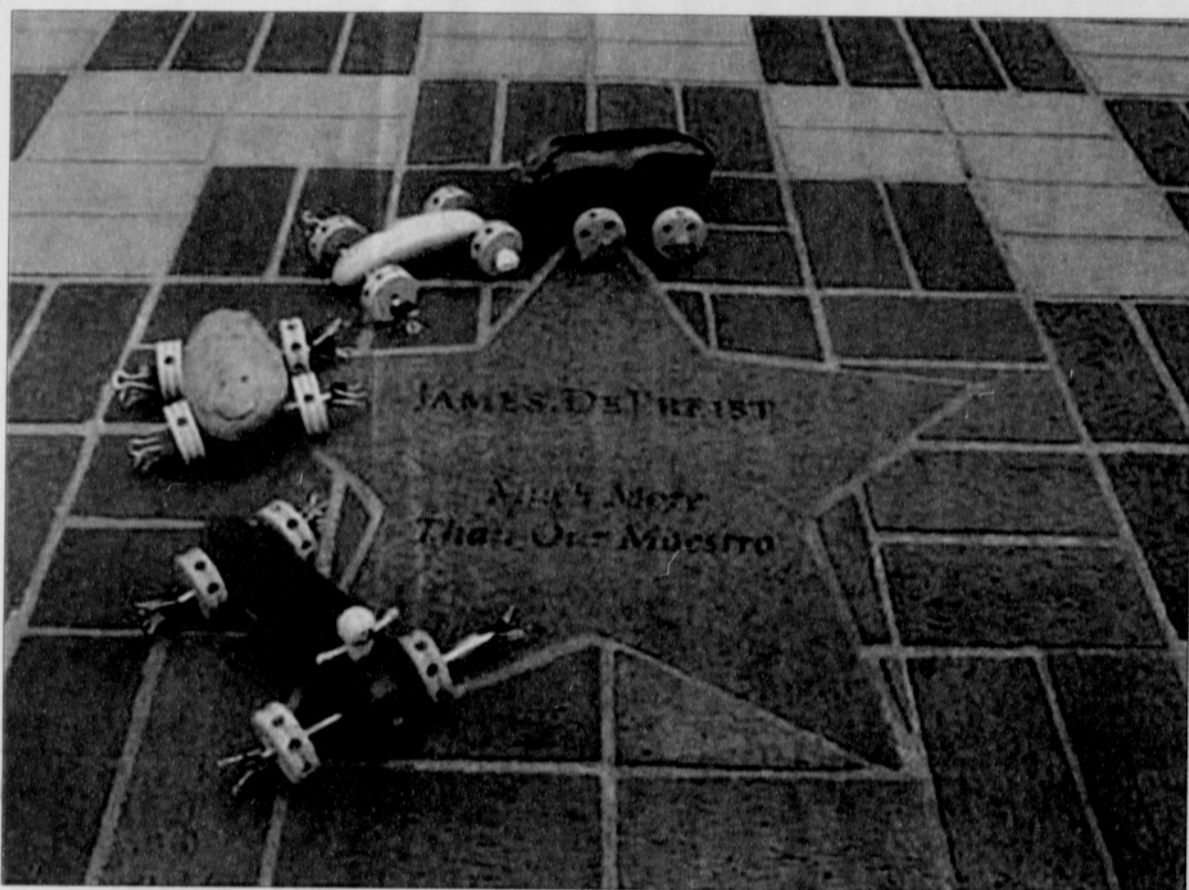
Summer Arts on Main is a new weekday series celebrating the fun of art. Weekly events will feature arts, crafts, music, food and hands-on activities for children in the heart of the downtown Cultural Arts District. Main Street between Southwest Broadway and Park Streets, next to Arlene Schnitzer Concert Hall, will be a hive of activity Wednesdays, from 10 a.m. to 2 p.m. through Aug. 25.

Summer Arts on Main coexists with the Portland Farmers Market on the Park Blocks providing an expanded offering of activities. The events will also include artisans from the Portland Saturday Market to showcase a wide variety of wares including paintings, pottery, jewelry, photography, clothing, hand-carved woodwork and natural bath products.

Free craft activities just for kids—from paper crafts and hand puppets to pet rocks and face painting—are a mainstay of the series. Perhaps sidewalk chalk drawings will encourage kids and adults to be inspired by the many flowers, fruits, vegetables and wonders of the Farmers Market. Or try a hand at the vegetable derby with rolling zucchini, peaches, and carrots racing down an incline to victory.

The New Theatre Building's skylight-domed Rotunda will host the ancient art form of Tai Chi every Wednesday at noon. Members of the Taoist Tai Chi Society of Oregon will provide demonstrations and instruction in better health and relaxation.

For more information, call 503-274-6554 or visit www.pcpa.com.



A vegetable derby is inspired by the farmer's market at the Summer Arts on Main summer-long celebration.

Local Grad in National Guard

Army National Guard Pvt. Liset Lopez has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, she studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

Lopez is the daughter of Rosa Vrena and Miguel Hernandez of North Hunt Street. She is a 2003 graduate of Roosevelt High School.

AAHC African American Health Coalition, Inc.

Presents for your health,

Wellness Within REACH Activity Calendar

Aerobics

Mallory Ave. Christian Church
Mon, Wed, Fri, 6-7am, Pierce • 5:30-6:20pm,
Granville • 6:30-7:30pm, Nickerson

Low Impact Aerobics

Daniel's Memorial Church
Tue, 7:15-8:15pm, Granville

Water Aerobics (Contact AAHC)

Columbia Pool, Matt Dishman, Salvation Army

African Dance

Matt Dishman
Sat, 10-11am, Addo

Body Conditioning

Wild Oats Market
Sat, 9:30-10:30am, Nickerson

Chicago Step

Matt Dishman
Fri, 6:30pm, Kendrick

Kickboxing

Humboldt Elementary
Tue, Thu, 6-7pm, Keller

Pilates (Contact AAHC)

Matt Dishman
Tue, 8-9pm

Stretching/Body Sculpting

(Class courtesy of Matt Dishman)
Matt Dishman
Tue, Thu, 7-8am, Lois

Tai Chi (Contact AAHC)

St. John's Community Center
Tue, 6:30-7:30pm

Walking Group

Peninsula Park
Sat, 12:30pm, Woods
Lloyd Ctr, 1st Fl. in front of Sears
Tue, Thu, 6:30pm, Woods

Weight Mgmt./Conditioning

Whitaker Track
Tue, Thu, 9-10am, Hasan

Yoga

Wild Oats Market
Tue, Thu, 7:30-8:30pm, O'Rourke

Columbia Pool, 7701 N Chautauqua

Daniel's Memorial Church, 1234 NE Killingsworth

Humboldt Elementary, 4915 N Gantenbein

Mallory Ave Christian Church (Gym), 126 NE Alberta

Matt Dishman, 77 NE Knott

Peninsula Park, 700 N Portland

Salvation Army, 5325 N Williams

St. John's Community Center, 8427 N. Central

Whitaker Track, NE 42nd & Killingsworth

Wild Oats Market, 3535 NE 15th

**Must be 18 or older to participate. Please contact AAHC before showing up to the first class and for more information at 503-413-1850 or kdempsey@aahc-portland.org. Please receive approval from your doctor before beginning exercise class.

REACH

Racial and Ethnic Approaches to Community Health
A Program of the African American Health Coalition, Inc.
Sponsored by the Centers for Disease Control and Prevention (CDC)

Contact AAHC at 503-413-1850 or visit our web site at www.aahc-portland.org

Virus Found in Blue Lake

(AP) — A virus known for causing sickness in cruise passengers has been detected in rural northeast Portland's Blue Lake, officials said.

Three people who swam or came in contact with the water in the lake have come down with the norovirus, said Dr. Gary Oxman, Multnomah County's health officer. In addition, 100 people reported getting sick after

swimming at the regional park last week.

The norovirus, which includes the Norwalk virus, can cause stomach pain, diarrhea and vomiting that can last as long as long as 60 hours, according to the national Centers for Disease Control and Prevention.

"The overwhelming number of outbreaks are caused by someone having a bowel move-

ment in the water," Oxman said. "There's no other way of saying it."

Oxman said the lake would remain closed until further notice for testing and to see whether the contamination came from another source, such as a broken sewer line. He said that about half of the virus disappears each day and that its presence in the lake "will fall off rapidly."



Dr. Billy R. Flowers

THE SPINAL COLUMN™

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

Part 7. CHILDREN & CHIROPRACTIC: Start off early in life for a lifetime of health

Q: When will my children be old enough to benefit from seeing a Chiropractor?

A: Children of Chiropractors often receive their first spinal adjustments the day they are born. Using special techniques for infants, Chiropractors are able to correct spinal misalignments caused by the traumatic and turning of childbirth. What's more, we're frequently able to alleviate infant problems like colic that often keeps both babies and parents up all night.

Q: I have a friend who takes her children to a Chiropractor even when they aren't sick. Why would she do this?

A: Actually, there are more reasons for children to see a Chiropractor regularly than there are for adults. First of all, because of their activities in school and out, children naturally take more spills than an average adult. This is one of the most common reasons people bring their children to a Chiropractor. But the best reason of all is so that with regular Chiropractic care,

children can develop a nearly perfect spine. Not only to help them do better in school, but to gain increased strength, health and vitality throughout their adult lives. To find out all the ways Chiropractic can help your children experience a lifetime of good health, please call us at the number below.

Flowers' Chiropractic Office

2124 N.E. Hancock Street
Portland, Oregon 97212

Phone: (503) 257-5504

Advertise with diversity in *The Portland Observer*
Call 503-288-0033 ads@portlandobserver.com