

Hands On Treatment is Back

If your muscles feel like beef jerky, there's no way your bones can be healthy.

Dr. Marcelitte Failla Chiropractic Care Clinic uses lots of deep massage and stretching of the joints as part of a chiropractic adjustment. Many of her patients even see a massage therapist, which primes the bones for gentle movement.

She finds this results in lasting benefits.

"Before massage, muscles are like beef jerky, tight and without a whole lot of nutrients. If you adjust them, the muscles are going to pull that bone right back. It's important to get some blood in that muscle, to make it right with heat and massage, and then adjust the joint," Failla says. "Then it more than likely will stay for a long time."

Failla strives to create a



Dr. Marcelitte Failla recently moved her business, Chiropractic Care Clinic to northeast Portland.

relaxing office atmosphere. She recently moved from northwest Portland to 1716 N.E. 42 Ave., to a larger office with a parking lot. She is especially proud of the African-American mermaid fountain, surrounded by lots of plants and flowers, setting the tranquil atmosphere in the waiting area.

Failla knows that every patient is different. She has a specialty in adjustments after car accidents and says that vehicular trauma affects people in unique ways.

"Most times when people go to the hospital, they are given pain meds, but trauma has to be taken care of with deep work and gentle mobilization," she says.

For more information, contact Failla at 503-228-6140.

Shelter Needs Donations

The YWCA SafeChoice Domestic Violence Shelter in Vancouver, Wash. is running dangerously low on food to give to women and children staying in the shelter. SafeChoice serves victims of domestic violence by providing a 24-hour crisis line, a shelter, a children's advocacy program, legal advocacy, counseling, support groups and community education. SafeChoice serves more than 3,000 victims of domestic violence and provides over 10,000 bednights at the shelter annually.

SafeChoice would appreciate any donation of non-perishable goods including pastas, spaghetti sauce, soup, chili, canned meals, peanut butter, jelly, tuna, condiments and cereals. The shelter could also use perishable items like frozen meats, dinners, milk, cheese, and eggs.

The shelter is currently running at full capacity and the need for food is critical. While the holidays often bring in a tremendous number of food donations, the shelter experiences a decrease in food donations during the summer months. Many families enter the shelter with little more than the clothes on their backs. Donations can be dropped off weekdays between 9 a.m. and 5:30 p.m. at the YWCA, 3609 Main Street, Vancouver, WA 98663.

Summer's Best Party

Catch a free ride to folksy summer fun

Transportation to the Clark County Fair is easier than ever, thanks to C-Tran and the People's Community Credit Union.

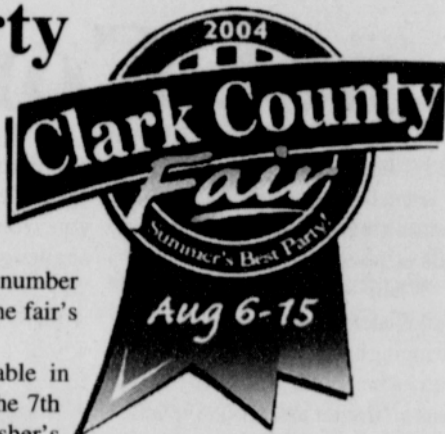
Free round-trip shuttles will deliver gleeful families to the fair, themed "Summer's Best Party," for the duration of the fair from Aug. 6 through 15.

Lynne Griffith, C-Tran's executive director, said, "C-Tran is

pleased to once again provide citizens the opportunity to enjoy a hassle-free trip to the Clark County Fair. Last year C-TRAN provided over 46,000 trips and we hope to exceed that number this year with service to the fair's front gate."

Shuttles will be available in Vancouver, Wash. from the 7th Street Transit Center, Fisher's Landing Transit Center, Vancouver Mall Transit Center, Battle Ground Park & Ride, and Salmon Creek Park & Ride.

This year's fair boasts live performances on the Columbia Con-



cert Stage, Comcast Plaza Stage and KKAD Community Stage, a hypnotist, contests and livestock shows, a Kid's Park and much more. For more information, visit www.clarkcofair.com.

Human Shadows

Project reminds of nuclear bombing of Hiroshima

Nearing Hiroshima Memorial Day, the Shadow Project returns to Portland for a city-wide remembrance of the human shadows burned into sidewalks of Hiroshima on Aug. 6, 1945.

Shadows will be drawn on sidewalks throughout Port-

land on Aug. 4 and 5. The political art project helps people to understand in vivid detail, what the use of weapons of mass destruction really mean.

Hiroshima Day will be commemorated at the Japanese-American Historical Plaza at Waterfront park at the intersec-

tion of Northwest Couch Street and Naito Parkway.

A training for the Shadow Project is on Wednesday, Aug. 4 at 6 p.m. at Shemansky Park at Southwest Park and Salmon.

For more information, call Shirlee Geiger at 503 235-6189 or email sageiger@earthlink.net.

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Ask Deanna!



Deanna!

Real People. Real Advice
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Dear Deanna!

I'm a single parent and just learned my teenage daughter strips at the club. I'm losing my mind over this heart breaking ordeal. No one including the police or social services will do anything to help me and I don't know how to get her out of there. She doesn't know that I found out about her secret I'm clueless about my next steps. --Joanne; Oklahoma City, OK

Dear Joanne:

If no one else will help then as a mother you need to go to the strip club and handle your business. If that means you jerk her behind off the pole butt naked, then oh well, that's the way it'll be. Trust me, your teen daughter will be so embarrassed she'll think twice before she wants to shake it again. Of course, put the fear of God in that club that if they let her dance again, you'll sue them for every dime and take the building and turn it into a flower shop.

Dear Deanna!

I work in an office of all women and always get invited to kiddie parties. The only problem is the fact I don't have any children. My gift giving ideas are slim so I buy gift certificates to local book stores. Can you

believe one of the mothers got mad and called me cheap! Now I'm ready to stop participating all together. --Glenda; New York, NY

Dear Glenda:

The materialistic mother doesn't recognize the value of reading. She needs to play around with hooked on phonics to learn a few lessons in courtesy and gratitude. If you enjoy giving gifts to the kids, don't let one person spoil it for the others. It's your hard earned money and you're entitled to give whatever gift you want. Continue with the books and if the parents and children don't like it, then they should refuse.

Dear Deanna!

Is there a nice way to make someone aware of their body odor? I have a close friend who lacks in the smell good department of hygiene. Her clothes appear clean but I think it's her body or skin. It's embarrassing because when we're together, people look at us funny. How do address this without hurting her feelings? --Anonymous; Wilkesboro, NC

Dear Anonymous:

You need to be direct and let her know that she's tart. If you call yourself a friend, you'll be sincere and direct. Regardless of how it's told, it's going to hurt and be embarrassing either way so there's no use trying to sugar coat the issue. Plain and simple. Call her on the phone and let her know that you've noticed she smells different. Kindly suggest a few antibacterial soaps and body scrubs to be used twice a day and keep it moving.

Ask Deanna is written by Deanna M. Write Ask Deanna! Email: askdeanna@yahoo.com or write: Deanna M, P.O. Box 88847, Los Angeles, CA 90009. Website: www.askdeanna.com



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