


YOU CAN SPEND THE REST OF YOUR DAYS TELLING THE SAME OLD STORIES, OR YOU CAN GO GET SOME NEW ONES.



The camaraderie. The adventure. The seventy-two hour leave in Tokyo. These are the stories you'll remember forever. If you'd like to add a few more to the list and add some points to your retirement at the same time, the Army Reserve is the place to do it. Call 1-800-USA-ARMY to talk with a recruiter or log on to goarmyreserve.com/ps

PUT YOUR PRIOR MILITARY SERVICE TO GOOD USE IN THE ARMY RESERVE

Where: 1317 Northeast Broadway Street
 When: Monday thru Friday 9:00 am - 6:00 pm
 Who: Sergeant First Class Raymon Collett

ARMY RESERVE
 It's not your everyday job.

Health Tests Offered

Free medical screenings for sight, hearing, glaucoma, blood pressure and diabetes, which requires a three-hour fast, will be offered to the public during the Oregon Lions Sight and Hearing Foundation in Pioneer Court-house Square, downtown on Tuesday, Aug. 31 from 9 a.m. to 5 p.m.

The event is co-sponsored by the Department of Public Health and Preventive Medicine at Oregon Health and Sciences University.

For more information, visit www.orlions.org/foundation or call 800-635-4667.



Tiffany (left) and Capresha show off their new bikes, helmets and locks with Providence Portland Medical Center Administrator Dave Underriner (from left), Safe Place Pastor Steven Holt and Providence diversity manager Lolita Burnette.

Back to School Support

Hundreds of north and northeast Portland children are ready for class after receiving bags of free school supplies at The Back to School, End of Summer Jam held at Vernon Elementary School earlier this month.

Providence Health System employees and volunteers donated

enough school supplies to fill nearly half of the 825 bags distributed. The Providence Health System Regional Office of Diversity sponsored the fourth annual event established by The Safe Place, a faith-based, non-profit organization. More than 1,500 people attended the afternoon-long party.

In addition to the donated school supplies, Providence Health System gave away two bikes with helmets and locks in a raffle during the day of games, food and music. Providence Medical Group also provided certificates for sports physicals to children who attended the event.



THE SPINA COLUMN™

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

Part 12. Regular Checkups: As important to your back as they are to your eyes or teeth.

Q: I don't have any serious back problems. Why should I see a Chiropractor?

A: That is a good question. Sometimes we don't realize that a small crick in the neck or some slight back discomfort is beginning of larger problems which are often much more difficult to treat at a later stage in life.

Unfortunately, eight out of ten Americans will be struck down by severe low back pain at one time or another. The mechanical or structural defects of the back usually develop slowly and with very little pain, but if left untreated,

may disable you for days, months or sometimes permanently. The likelihood of disability increase dramatically in over 30. Fortunately, we are able to avoid many spinal problems with regular, precautionary checkups. Just as an eye exam or dental checkup prevents potential problems or corrects the problems or in its early stages, so do

Chiropractic checkups. Detected early, spinal defects are not only easier to treat, but may save a lot of pain and money, as well as reducing the chance of a disabling spinal disorder. To arrange for your checkup, or for answers to any questions you might have about your health, call our office at the number below.

Flowers' Chiropractic Office
 2124 N.E. Hancock Street
 Portland, Oregon 97212
Phone: (503) 287-5504

Local Hip Hop Unites to Build Voters

Cool Nutz and others to rock the vote

Eligible voters in north and northeast Portland are being brought together by a common cause: hip hop.

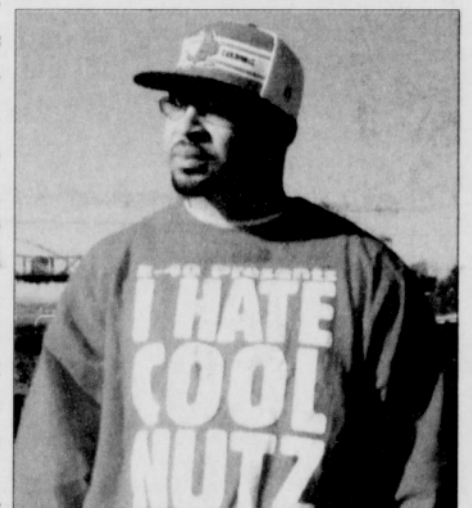
Radio stations and recording

artists are lending time and exposure to a weeklong voter registration drive that culminates in a canvassing of north and northeast Portland neighborhoods and a CD release party at the Crystal Ballroom, 1332 W. Burnside, on Saturday, Aug. 28.

CoolNutz, Lifesavas and the Olivia Warfield Project will join Secretary of State Bill Bradbury at the event to raise energy and awareness about the need for voter registration in this part of the city.

according to Shawn Alford, Voters Wanted program coordinator.

Volunteer canvassers will



CoolNutz

Approximately one-third of eligible voters in north and northeast Portland are not registered to vote. Using hip hop as a call to democracy, the campaign aims to register 2000 local residents.

Through Friday, Voters Wanted, the Oregon Bus Project's non-partisan voter registration branch, is planning the largest community based door-to-door voter registration canvass in the history of Oregon,

be accompanied by the Jammin' 95.5 street team and will also register voters in front of the Nike Factory Store at 2650 N.E. Martin Luther King Jr. Blvd. Additional events surrounding the event include

a free basketball clinic with Terrell Brannon at the Matt Dishman Community Center.

Volunteers and area residents can unwind at the CD release dance party. Tickets are \$8.

Prosecutor Picketed

Accused of making false claims against Kerry

Several Vietnam veterans are calling for an assistant Clackamas County prosecutor to resign for making false claims in a recent ad criticizing Democrat John Kerry's military service.

A group of Vietnam veterans who protested outside the county courthouse Monday said Alfred French implied he had firsthand knowledge of Kerry's war actions when in fact he had heard about what Kerry did from friends.

In an interview with The Oregonian newspaper last week, French said he relied on the accounts of three other veterans in making the statement about Kerry and did not personally witness Kerry's

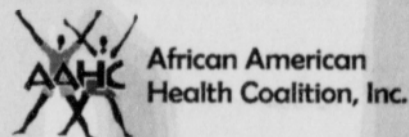
war actions.

"As a senior assistant district attorney, you know as well as we do that that kind of ridiculous statement would never pass muster in a court of law," veteran Terry Kirsch said of French's account.

"We question your fitness to serve as an enforcer of the law after swearing to facts in a legal affidavit that you do not know to be true," he said.

Before recording the ad, French signed an affidavit that said: "I am able to swear, as I do hereby swear, that all facts and statements contained in this affidavit are true and correct and within my personal knowledge and belief."

Kerry was awarded three Purple Hearts, a Bronze Star and a Silver Star as commander of a Navy swift boat in Vietnam.



2nd Annual

Wellness Within REACH Walk



September 4, 2004

What

Join us for the 2nd Annual Wellness Within REACH Walk Sat. September 4, 2004! Walk the 1.5 or 4-mile course.

When

Registration & event activities begin at 8:00 a.m. The Walk begins at 9:00 a.m.

For more information

For more information about registration or to volunteer contact the African American Health Coalition, Inc. at 2800 N. Vancouver Ave., Suite 100 503-413-1850, or ayannas@aahc-portland.org

Where

Start and finish at Dawson Park, located at N. Vancouver and Stanton in Portland, OR.

Why

The purpose of the walk is to celebrate our community's health and sustain ongoing free physical activity classes for African Americans in the Portland metro area.

Entry

Entry fee is \$15 per person. Pre-registration is highly encouraged! www.aahc-portland.org

Thanks to our sponsors:

