

Street Fair on Alberta

Dance to the rhythm of the northeast beat



Neighborhood kids feel free to ride bikes in the street during the Alberta Street Fair, an annual event scheduled to return Saturday.

Portland's longest street fair returns on Saturday, Sept. 18 to celebrate the unique and multicultural flavor of Alberta Street.

Local art, music, dance and street performers pulse down Alberta Street between Northeast 12th and 30th avenues, with horse-drawn trolleys and ped-i-cabs on hand to

move visitors on the street from end to end.

Events are also planned for kids, including an activity center set up at 14th Place with pony rides and a Space Bounce.

The community is invited to march along Alberta in the Street Fair Parade, which starts at 2 p.m.



Horse-drawn trolleys, a mainstay at the Alberta Street Fair, will trot down the strip again Saturday for the annual celebration.

Applications and more information can be downloaded from www.albertastreetfair.com.

Area residents are encouraged to keep an eye out for beautiful cards, handmade by local artist Hampton Rodrigues of Bohio Studio. Alberta Street Fair posters and post-

Moore Pursues Best Picture

Says real prize would be Bush's defeat

(AP) — Michael Moore says he won't submit "Fahrenheit 9/11" for consideration as best documentary at this year's Academy Awards. Instead, he's going for the bigger prize of best picture.



Michael Moore

Moore's critically acclaimed film slams President Bush's war on terror as ill-advised and corrupt. The movie has cheered Democrats but enraged the president's supporters, who booed Moore when he visited the Republican National Convention last week.

"For me the real Oscar would be

Bush's defeat on Nov. 2," Moore told The Associated Press during a phone interview Monday from New York.

The \$6 million film has become a sensation that collected \$117.3 million in the United States this summer, despite an early roadblock when the Walt Disney Co. banned its Miramax Films division from distributing the political hot-potato.

In the midst of the presidential campaign, Moore's announcement is a strategic move for his Oscar campaign.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 15. Back Pain: Why "oh, my aching back" has become such a popular phrase.

Q: I always know when my back hurts. But I rarely know why.

A: Statistics tell us 80% of all men, women, and children will experience back pain in their lives. Chiropractors can also tell you why. There are, for example, several mechanical malfunctions that cause back pain. Among them are: Direct pinching on the nerve. This is the reason many people give for their back pain, but in fact, "pinched nerves" only account for about 10% of it. Edema (swelling) This occurs from inflammation due to simple strain or subluxation. Fixation. This is yet an-

other component of what we call the vertebrae are not moving the way nature intended. Other factors include muscle spasm and disc herniation. Of course, in addition to knowing you have back pain, chiropractors also know how to make it go away. By eliminating the components of the subluxation complex and allowing the central nervous system to function the way

nature intended, we Chiropractors not only relieve your back pain symptoms, we remove the cause. Without drugs. Without surgery. Without doubt. Call our office for an appointment today to find out how Chiropractic can help your "aching back." Or if you have any questions about your health, just call us at the number below.

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