

MEEZILINI
CD RELEASE PARTY
 SPECIAL GUEST
LUNI COLEONE

SATURDAY
JUNE
25

VUE NIGHTCLUB
 427 SW 3RD
 DOWNTOWN
 \$10 9PM-2AM 21+

KMHD PLEDGE DRIVE
 June 15-June 19

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"Always Service With A Smile" 6444 NE Martin Luther King Blvd.

Good in the Neighborhood



Norman Sylvester will take one of the Good in the Neighborhood stages Sunday.



The annual festival will feature the Patrick Lamb Band on Saturday.

continued ▲ from C2

R&B, funk, jazz, hip hop, reggae, gospel and world beat rhythms. Many of Portland's top performers will be in attendance, including the Patrick Lamb Band, N' Touch and Ocean 503 on Saturday, and Brothers of the Baladi, the Norman Sylvester Band and the Linda Hornbuckle Band on Sunday.

The smell of international food in the air from a variety of booths will lure tastebuds into wanting to try a little of everything. A garden showcasing McMenamin's beer and wine will loosen up the legs to dance to the beats.

Arts and crafts, a Bug Zoo, clowns, a face painter and carnival

games will offer up goodies for the kids from noon to 6 p.m. each day. The U.S. Marines will have an obstacle course set up, along with a slam dunk competition.

A parade featuring floats, vintage cars, a drill team and much more will grace Martin Luther King Jr. Blvd. from Northeast Russell to Alberta Streets at 11 a.m. on Saturday. Mayor Tom Potter will serve as the grand marshal.

"It's fun for the whole family," Roberts said.

People are encouraged to bring their own blankets and chairs to enjoy the festivities.

For more information, including a schedule and parade route, visit www.goodinthenighborhood.org.



Dr. Billy R. Flowers

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