



The African-American Health Coalition and its volunteers work for good health in the neighborhood year round.



Royal Rosarians show their spirit by marching in the annual Good in the Neighborhood Parade.

Good in the Neighborhood

Community spirit propels annual parade

PHOTOS BY MARK WASHINGTON/THE PORTLAND OBSERVER



Good in the Hood Parade participant Paul Knauls Jr. volunteers for cleaning duty during the annual celebration. Knauls is a hair stylist for Geneva's Sheer Perfection.



The Grand Marshal for the 2005 Good in the Neighborhood was Mayor Tom Potter, joined by his wife Karin Hansen.



Full Tilt Riders cruise Martin Luther King Jr. Boulevard as part of the Good in the Neighborhood Parade on Saturday.

ACCEPTING APPLICATIONS



Quality Training

Great Wages

Superb Benefits

The NECA-IBEW Local 48 Electrical Training Center is accepting applications for the **Inside Electrician and Limited Energy Apprenticeship Programs**

When: July 11-15th and July 18-22nd
10 a.m. - 4 p.m.
Orientations 9 a.m. - 10 a.m.

Where: NECA-IBEW Local 48
Electrical Training Center
16021 NE Airport Way
Portland, OR 97230



ELECTRICAL TRAINING CENTER

For more information visit www.nietc.org
or call 503-262-9991

Oregon Air National Guard

\$20,000 Student Loan Repayment Program
\$10,000 Cash Bonus
Over \$800/Month Educational Benefits
Travel Opportunities • Paid Technical Training



Contact your local Air National Guard Recruiter to determine eligibility.

503.335.4040
1.800.392.1801



Dr. Billy R. Flowers

THE SPINAL COLUMN™

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

Part 13. Shoulder Pain: Why many people cannot, and should not, take it lying down.

Q: My shoulders hurt so bad at times, I can hardly sleep. What can Chiropractic do for me that no one else has been able to?
A: Shoulder pain is without question, one of the most debilitating types of pain we encounter. Because the shoulder is so intricately related to the spine, virtually any movement can be excruciating. It is not at all uncommon to see cases like yours where patients' hurt so bad, they cannot even get a decent night's sleep. To Complicate matters, many patients go from doctor to doctor seeking relief, being told they have

bursitis at one office, tenosynovitis at another and so on until they return home confused, frustrated and still in agony. As Chiropractors, we are concerned about nerve flow to the various parts of the body. Of course, we look to see if a bursal sac has been traumatized or if a tendon has been injured. But more importantly, we look to see what caused the injury. You see,

the cause was there long before the pain itself. By treating the cause, we not only relieve the pain, don't suffer through another sleepless night. Call for an appointment to find out how Chiropractic can eliminate the cause of the problem once and for all. Or feel free to call us if you have any questions whatsoever about your health.

Flowers' Chiropractic Office
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