Local Grad Competes for Scholarship

Speaks about AIDS in the community

figures in San Jose, Calif., as

Each contestant, including HIV/AIDS. Portland resident Arya Patryce arship.

recite without error a 10-minute speech. They are judged on their poise, pronunciation, composition and knowledge of a selected

Morman, a 2007 graduate of On Saturday, July 14, all eyes De La Salle North Catholic High and ears were fixed on two petite School, chose to present a personal account of how she lost their voices resonated during an her father to AIDS and the inner oratorical competition sponsored strength that she had to find by the Improved Benevolent and through prayer and a positive Protective Order of Elks of the attitude to overcome depression and the stigma associated with

Fortunately, Morman and her Morman, had paid their dues to mother, Rev. Renee' Ward, were arrive at the regional event, en- spared from contracting the viabling them to compete Aug. 2-5 rus, however her father, Joseph in Jacksonville, Fla., for a chance Lewis Morman did not and died to win a \$10,000 national schol- on June 4, 1998. Since Morman's death, both have The competition requires stu- worked to educate the commudents to compose, memorize and nity about HIV/AIDS and its im-



pact on the African American community.

"Arya has represented our region well," said Melva Holmes, local director of the contest, "and we are confident that she will secure the national title based upon her presentation. This contest is the same one that Oprah Winfrey won in her youth."

Donations to support Morman's upcoming travel and educational expenses are being accepted at any Bank of America Branch (Arya Patryce Morman). For more information, call 503-548-7537.

Arva Patryce Morman will travel to Jacksonville, Fla. to compete for a national title and a \$10,000 scholarship.



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.

back hurts. But I rarely know

Statistics tell us 80% of all A 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 sub-

diversity

Weekin The Review

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

I always know when my | luxation. Fixation. This is yet an- | 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

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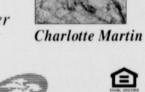
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Construction to Impact MAX

Five MAX stations in downtown Portland will close at 7 p.m. on Friday, July 27 through Sunday, July 29 to make way for light rail construction on the Portland Mall.

The stations to be closed are Pioneer Square North at Morrison Street, Pioneer Square South at Yamhill Street, Portland Mall at Southwest Fourth Avenue, Portland Mall at Southwest Fifth Avenue and the Yamhill District station.

TriMet will provide shuttle buses around the closed MAX stations about every 15 minutes. Eastbound riders can board a shuttle bus at the Southwest Ninth Avenue at the Library. Westbound riders can pick up a shuttle bus at Southwest Third and Morrison.

Red and Yellow Line trains will not run west of the Willamette River, stopping at the Rose Quarter. Riders heading downtown can either transfer to a Blue Line train or board a shuttle at the Rose Quarter.

For more information visit www.trimet.org.

Free Course Promotes Learning

Humanity in Perspective, a free two-semester, college-level course for low-income adults, begins its seventh year in Portland this fall.

The Oregon Council for the Humanities, which offers the program in partnership with Reed College, is accepting applications for the program through Monday, Aug. 20.

Applications are available on council's website oregonhum.org or by calling Jennifer Allen at 503-241-0543.

The humanities group sponsors the course to promote the intellectual and personal growth of students, to spark their interest in civic and community life, and to encourage students to continue their education.

Students explore ancient and contemporary masterpieces in literature, philosophy and history. Writing instruction is also integral to the coursework.

A student from last year's course says the experience helped her get out of a shelter a couple of nights a week.

"I found a whole new world that I could read, write, and study, and most of all feel important. I found a place that I didn't know existed and totally fell in love with," she said.

The fall term begins Sept. 24. Classes meet twice weekly, over a seven-month period, on Monday and Thursday evenings at New Avenues for Youth in downtown Portland. Reading and writing assignments are roughly equivalent to those of a first-year humanities survey course at Reed College.

Tuition is waived; books, onsite childcare and bus tickets are also provided free of charge.

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