


Portland Observer

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Regional dishes from the coast of Northeast Africa

Horn of Africa

Discover the fresh flavors and alluring spices of authentic recipes from Somalia, Ethiopia, Djibouti, Kenya and the Middle East. Our seasonal dishes are hand-made with local, organic ingredients. All meals are served with traditional breads. We cook for you with love and care.



Try our multi-course, unlimited buffets
Lunch: \$8.95, Sunday Dinner: \$10.95

Ask about our traditional Royal Feast Room for parties or meetings. Many vegetarian and vegan options. Local, organic ingredients.

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Reservations Accepted • Major Credit Cards • www.hornofafrica.net



Four Decades Combating Gangs

June 18 – Rance Spruill, marks 41 years in alternative education working with at-risk youth and keeping kids away from gangs and criminal activity as director of the Albina Youth Opportunity School on North Mississippi Avenue.

SALE Cascade Cycling

10% off last year's models

NEW SINGLE SPEEDS FROM \$299.00

GIFT CERTIFICATES AND LAYAWAY PLANS AVAILABLE

122 N. Killingsworth St.
Portland, OR 97217
(503) 281-0255
www.cascadecycling.com



Historic Albina Dome Refurbished

July 16 – Serena Stoudamire Wesley and Harold Williams celebrate the rededication of the refurbished Dawson Park Gazebo. The dome was salvaged from a demolished building during the late 1970s when a significant African-American business district was displaced by the expansion of Emanuel Hospital.

TERRY FAMILY FUNERAL HOME 2337 N. Williams Ave. Portland, Or 97227 503-249-1788

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Dwight A. Terry Oregon License CO-3644
Amy S. Terry Oregon License FS-0395



A Seat with History

Aug. 20 – Local Democrats are packed up and ready to attend next week's national Democratic Party Convention where Sen. Barack Obama will become the first African American nominated for president by a major party.

THE SPINA COLUMN™
An ongoing series of questions and answers about America's natural healing profession.



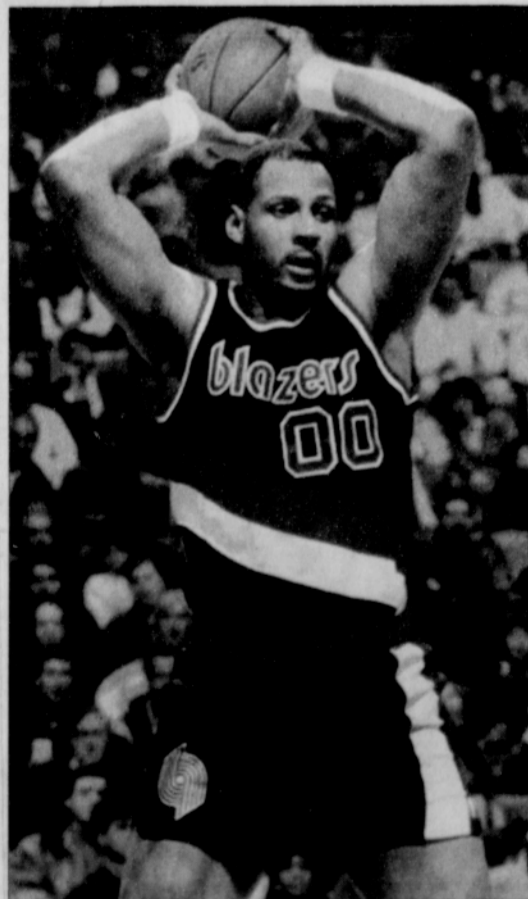
Dr. Billy R. Flowers

Thank you: A Happy and healthy New Year to our great patients.

Now is the season to reflect on the events of the past year and look ahead to all the New Year has to offer. This past year has certainly been a happy one for all of us. We've had so many kind and wonderful patients. To all of you, "thank you." We appreciate your courtesy and your zeal to share with friends how Chiropractic's natural healing has helped you. It is really exciting to have more and more people aware of the heal-

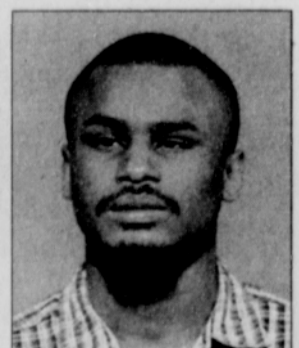
ing power of nature. Only nature creates and only nature can truly heal. We look forward to continue serving those of you who've made the natural selection: Chiropractic. The only major health science whose only side effects are improved health and greater sense of well-being. If you ever have any questions about your health or about any of our many services, we'll always be happy to help. Again, we wish you a Happy Holiday and continued health through-out the coming New Year.

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



Blazer Great Dies

Aug. 27 -- Kevin Duckworth, 44, a two-time NBA All-Star who starred on the Western Conference Championship teams in Portland in 1990 and 1992, dies of a heart attack in Glenden Beach near Lincoln City.



Victim's Family Settles

Sept. 10 -- The Portland City Council approves a \$350,000 settlement for the family of James Jahar Perez, the unarmed motorist who lost his life in 2004 when he was fatally shot by police during a traffic stop in the St. Johns neighborhood.