

Take Action. Get Tested!

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"Where to go,
so you know"

Multnomah County Health Department's
HIV Community Test Site offers
confidential HIV testing
with or without your name
at these locations:

Downtown Community Test Site

Call 503.988.3775 for an appt.

Mon | Thurs | Fri

426 SW Stark St., 6th Floor,
Portland, 97204

Northeast Health Center

Just walk in

Tuesdays | 5:30 - 7:15 pm

5329 NE MLK Jr. Blvd, 2nd Floor,
Portland, 97211

"Free with this coupon"



Se habla español: other interpretation by appointment.



Aaron Peterson opens Zeke's Ready Ribs at 5800 N.E. MLK Blvd.

Hair Salon Owner Expands with Zeke's Embracing faith, family

BY LEONARD LATIN
THE PORTLAND OBSERVER

The local hair salon Sh'Aaron's Looks was named after owner Aaron Peterson's eldest daughter Sh'Aaron, and has long been a place to get a haircut and make friendly conversation. Now Peterson is expanding his business venture by opening Zeke's Ready Ribs, named after his eldest son Ezekiel.

Peterson believes in family and always shows them his support. His ethic is work hard and community, feeling blessed to open up his barbecue facility right next to his barbershop at 5800 N.E. Martin Luther King Jr. Blvd.

Peterson was born in Los Angeles, and grew up in the Portland area, graduating from John Adams High School in 1977.

He said that as a child and a young man he made mistakes like everybody else, but with the blessings of God has changed his life around.

"I can't change the past, I wish I could," he said. "God has blessed me to be the man I am today and I

truly thank God. As far as people who continue to criticize and hate, they need to know God has put me in a place on earth that makes me feel like I'm on cloud nine."

Peterson volunteers at Loaves and Fishes preparing meals for the elderly each morning. He has also given many free barbecues in the Portland area and has fed family, friends and people in the community.

Peterson is proud of his daughter Sh'Aaron and her accomplishments. Sh'Aaron has achieved college success with an associate's, bachelor's and master's degrees, and is currently working on her doctorate. He is also so proud of his three other children Shquana, Aaron Jr. and U'Dell who he expects will follow in their sister's footsteps.

Curtis Huff, an accomplished cook with experience in the community, has been hired by Peterson to manage Zeke's. His success in the restaurant business includes cooking for Jack's on 9th Street and Cannon Ribs on 33rd Avenue.

"It's nice to do things the right way and help others," Huff said. "This opportunity is truly a blessing."

Peterson called Huff a natural fit for his latest venture.

Community Clean-Up

Safeway is teaming up with the Boys and Girls Club in a clean-up campaign to encourage community involvement and environmental awareness.

Volunteers and Safeway's Bright Green Clean Team will set out to clean-up various public locations, including the Oregon Zoo on Saturday, July 10 from 10 a.m. to 5 p.m.,

and Oaks Amusement Park on Sunday, July 11 from 12 p.m. to 7 p.m.

The public is encouraged to join in and lend a helping hand.

There will be a special drawing for a comprehensive clean-up day for a local school. On-site participants will also receive free samples and demonstrations of Bright Green cleaning products.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

THE SPINA COLUMN™

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

Part 8. CONSTIPATION:

The backing up of body's sewage system.

Q: Nothing has ever really helped my constipation. What can Chiropractic possibly do?

A: As a natural form of healing, there is much a Chiropractic and the improved lifestyle we recommend can do to remove the immediate distress and long term health hazards of constipation. But before we begin, you should understand that constipation takes two approaches. The first is the tight, sometimes painful feeling in the lower back area. The second and more insidious type is what we call "hidden constipation." This is when we seemingly

move our bowels regularly, but never completely eliminate everything in our colon (large intestine). This causes the colon to back up and spread toxic poisons throughout the body. This can lead to everything from sinusitis to allergies to arthritis.

Chiropractic can help to alleviate this problem by gently turning nerves back on in the colon and small intestine. It is not uncommon for a patient

to have two, three or even four bowel movements after the first adjustments on his or her spine. A man with FBSS (failed back surgical syndrome) went home and had 12 bowel movements that night. And he claimed he wasn't even constipated! Whatever questions you might have about health and healing, you'll find that Chiropractic is often the answer. Call us for an appointment today.

Flowers' Chiropractic Office

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