

Miss Black Oregon Advances



Sable Scott

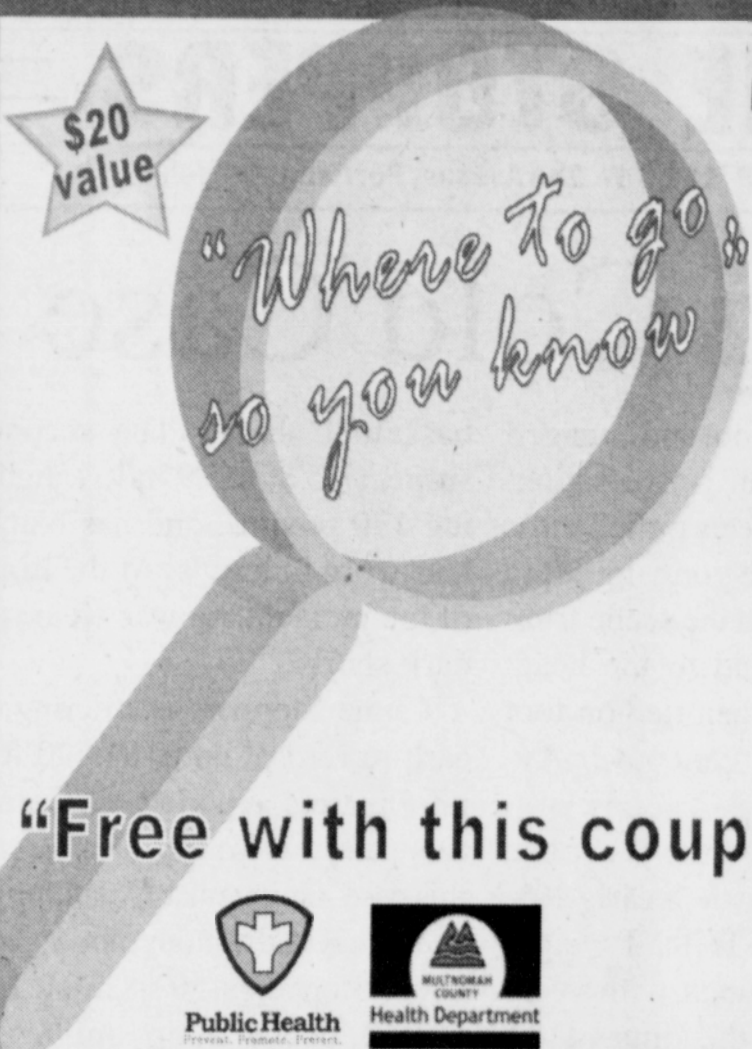
Miss Black Oregon 2010 Sable Scott will be heading to Washington, D.C. on Aug. 4 to compete in the Miss Black USA Scholarship Pageant.

For 22 years the Miss Black USA Scholarship pageant has provided educational opportunities to outstanding women of color. The organization believes that education is key to long term success and empowerment. The winner of the national pageant will use her civic platform to promote awareness of these issues in her reign.

Scott is 20 years old and is a sophomore at Portland Community College where she plans to pursue a degree in English and a minor in journalism. Her platform is education of the youth in her community.

If you would like to help Miss Black Oregon with her pageant expenses, there is an account set up for donations at Advantis Credit Union.

Take Action. Get Tested!



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.

Tripp Selected

Felicia Tripp, Deputy Director of the Portland Housing Center, has been selected as one of 49 leaders in the NeighborWorks Achieving Excellence in Community Development program in collaboration with Harvard University's Kennedy School of Government.



tions focusing on affordable housing, community revitalization or community economic development. At the beginning of the program, participants select a specific challenge facing their organization for which solutions will make a lasting change in their communities.

Achieving Excellence is an 18-month educational program for senior leaders in community organiza-

The program includes three formal sessions at the Kennedy School of Government, plus executive coaching and intensive peer learning.



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 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

2124NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504

Class of 1970 40th Reunion



JEFFERSON

We need your help locating other classmates. If you have any names, phone numbers, emails, mailing addresses please contact us.

Friday August 6th, 2010: Place to be announced

Saturday August 7th, 2010: Embassy Suites Portland Airport Hotel (rooms available for only \$109 + tax)

Cost for reunion: Classmates \$65 spouse or companion \$45

Please R.S.V.P. as soon as possible to:

E-mail to: leilablakely@gmail.com (preferable)

Voice mail: Carol Erdmann 503-982-3051

Snail mail: JHS Class of 70 / PO Box 19905 / Portland, Oregon 97280