Candidates Forum to Address Equity

Urban League sponsors Thursday event at Emmanuel Temple Church

On Thursday, Sept. 23, candi- ban League Board and the African date for Governor John Kitzhaber, American Alliance; and long-time

State Treasurer candidate Ted Wheeler, Multnomah County Commission candidates Karol Collymore and Loretta Smith, and Metro President hopefuls Tom Hughes and Bob Stacey will have a chance to engage community members on issues of equity, health care, jobs, education, and housing. Gubernatorial candidate Chris Dudley was invited but declined to at-

tend. The forum Your Voice, Your Vote, Your Opportunity is sponsored by the Urban League of Portland, African American Alliance and KOIN News 6. It will be held at Emmanuel Temple Church, 1033 N. Sumner, from 6 p.m. to 8 p.m., moderated by KOIN News anchor Ken Boddie; Lolenzo Poe, who chairs both the Ur-



John Kitzhaber



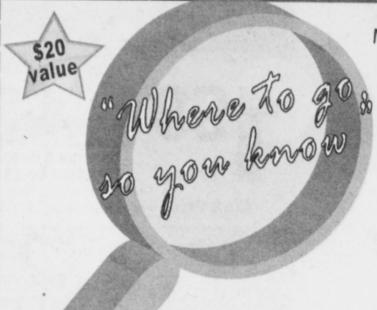
Loretta Smith



tween our community and incoming president and CEO. "We have iden- work on a plan to address them."

forum will open doors to our on- political leadership," said Marcus tified critical disparities facing our going, constructive relationships be- Mundy, Urban League of Portland community and now it is time to begin

Take Action. Get Tested!



"Free with this coupon"

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, I Portland, 97204

Northeast Health Center

Just walk in Tuesdays | 5:30 - 7:15 pm 5329 NE MLK Jr. Blvd, 2nd Floor, Portland, 97211

Se habla español: other interpretation by appointment.

African Americans, communities of color and all Oregonians. Each panelist will be asked to outline specific policies, priorities and plans for their respective offices that address racial disparities and increase equity for all. The Urban League of Portland recently released a one year update of their State of Black Oregon report, revealing that significant disparities

communities advocate Sharon Gary Smith.

The event also will be

streamed live by KOIN

on key issues facing

The forum will focus

News.

worsened. The focus for the Urban League of Portland and the African American Alliance is to help inform the community about candidates' priorities and

for African Americans

highlighted in last year's

report, persist or have

rent fiscal challenges. "We hope that this

strategies given cur-



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

THE

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

Part 20. It's Just Your Nerves: Chiropractic's answer to an age old answer

: I have been to see a number of doctors about my headaches. The most recent one said it was, "just nerves" Can Chiropractic help?

: Your doctor was prob ably right. Chances are it is your nerves. An in-dependent research team recently announced that between 90% and 95% of all head-aches were due to pressure on the nerves. Your doctor was probably talk-ing about emotional nerves. The research team, of course, was talking about the nervous system. When pres-

(scientifically known as subluxation), tension in muscles will result. In the neck, this tension will work its way up to the skull. Nest, blood flow will be altered. Before you know it, you will have another throbbing headache. In Chiropractic, we work the answer to the "just nerves" with reducing subluxations, releas-

sure or irritation gets on nerves | ing the irritation from the nerve fibers. Muscles can relax. The body will no longer send a message of pain and your headaches will be gone for good! If you're tired of hearing that your problem is "just nerves," call us today. We've got answer.

Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

Phone: (503) 287-5504



Inspiration · Education · Hope

October 3, 2010 • 12:00 Noon to 5:00 pm Legacy Emanuel Atrium • 501 N Graham

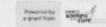
Free Admission!

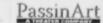
Health and Wellness Exhibitors, Speakers, Performances, Survivors recognition and a special tribute to those Warriors lost to the disease.

For information visit the website www.passinart.org or call 503-235-8079 or 503-735-1475









Ladies in Pink by artist Wanda Walder