



Local Native American dancers pay their respects during the blessing ceremony at the 2010 Portland Community College Winter Powwow.

Winter Powwow

The Wacipi ("they dance") traditional powwow takes center stage at Portland Community College on Saturday, Jan. 22 to highlight Native American culture and ancestry.

The event is free and open to the public, starting at noon in the Health Technology Building of the PCC Sylvania Campus, 12000 S.W. 49th Ave. Drum groups and dancers from across the region, as well as a variety of Native vendors, attract more than 1,000 attendees to the powwow every year. Grand entries of dancers along with drumming will take place between 1 p.m. and 7 p.m. Other powwow attractions include a college fair from noon to 4 p.m. and a free community dinner at 5:30 p.m. For more information, visit pcc.edu/powwow.

Financial Aid Day

Learn how to get money for college at "Financial Aid Day," Saturday, Jan. 22, from 9 a.m. to 2 p.m. in the Mt. Hood Community College Library.

Students should bring their 2009 tax returns, end-of-year pay stubs, current value of assets, social security number (and those of their parents if student is a dependent), driver's license and alien registration card (if applicable).

Experts from the financial aid office will be on hand to offer free one-on-one assistance with the FAFSA form, scholarships and tips for writing winning essays.

Peninsula Little League 2011

(Serving the Youth of Inner North & Northeast Portland ages 5-14)

visit our website at: www.eteamz.active.com/peninsulalittleleague

Registration available on-line beginning January 22, 2011



Softball Program

Level	Ages
Minor	8 - 10
Major	10 - 12
Junior	13 - 14

Questions contact:
Mark Washington ~
503-288-0033
markw@portlandobserver.com

Regular Sign-ups

\$64/T-Ball, \$74 All other levels

This fee includes the pepperoni fund raiser. Sell one bag of pepperoni and get \$24 off fee. Each bag contains 24 sticks

THURSDAYS at Boys and Girls Club
5250 NE Martin Luther King Jr Blvd
January 27, February 10 and February 17
5:00 pm to 7:00 pm

SATURDAYS at Peninsula Park Community Center
700 Rosa Parks Way
January 29, February 12 and February 26
12:30 pm to 2:00 pm

Registration forms can be completed in advance by downloading from our website.

Baseball Program

Level	Ages
T-Ball	5 - 6
Farm	7 - 8
Minor	8 - 10
Major	10 - 12
Junior	13 - 14

Questions contact:
Jjay Lincoln ~
jerrylincoln38@gmail.com



Little League Baseball, Incorporated does not limit participation in its activities on the basis of disability, race, creed, color, national origin, gender, sexual preference or religious preference.



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 1. CHIROPRACTIC: For the best in natural healing, hearing is believing.

Q: How did Chiropractic care come about?

A: Spinal manipulations have been practiced for over 2,500 years. Hippocrates, the "Father of Medicine," advised: "look well to the spine for the cause of disease." But modern Chiropractic came of age back in 1895. In Davenport, Iowa, a patient came to Dr. D.D. Palmer complaining of back pain. This patient had also been nearly deaf since suffering a back injury 17 years earlier. Dr. Palmer noticed a bump on the patient's back, which he suspected was related to a dislocated vertebra. To relieve the patient's

pain and reposition the vertebra, Dr. Palmer placed him on a table and pushed down on his back, performing a spinal manipulation or "adjustment." He performed this adjustment three days in a row. By the third day, not only had the patient's back pain disappeared, his hearing reappeared. Today's Chiropractors know that the central nervous system (housed within the body's spinal column) provides the energy, which governs all bodily functions.

By making sure that the spinal column is in correct alignment, Chiropractors eliminate any possible interference, which would prevent the central nervous system from keeping the body functioning the way nature, intended.

To find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, please feel free to call us at the phone number shown below.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504

Northwest Voice For Christ Ministries

"An Interdenominational Church"



Pastor Bishop H. L. & Elect Lady Earlean P. Hodge
Pastor/Teacher/Revivalist

Sundays: Worship Service — 12:00-2:00 P.M.
Bible Study — Wednesdays — 6:00 — 8:30P.M.

"Special Service" Our own Bishop H. L. Hodge in concert, February 13, 2011 at 3:00pm in Luther Hall on Concordia campus. Everyone is invited!!!

Location: Concordia University Campus
2800 NE Liberty (The GRW Library, room 303)
Portland, OR. 97211

To inquire about our Church please call: (503) 863-6545 or hodgehspks@msn.com www.nwvoiceforchrist.com