



North Portland news and events

# St. Johns

NEIGHBORHOOD

## Shout out to Roosevelt High students

Proud members of the community have given a shout out to the students at Roosevelt High school for their many accomplishments they achieved this year.

Over 86 percent graduated from the senior class, which received \$4.3 million in scholarships to continue their higher education.

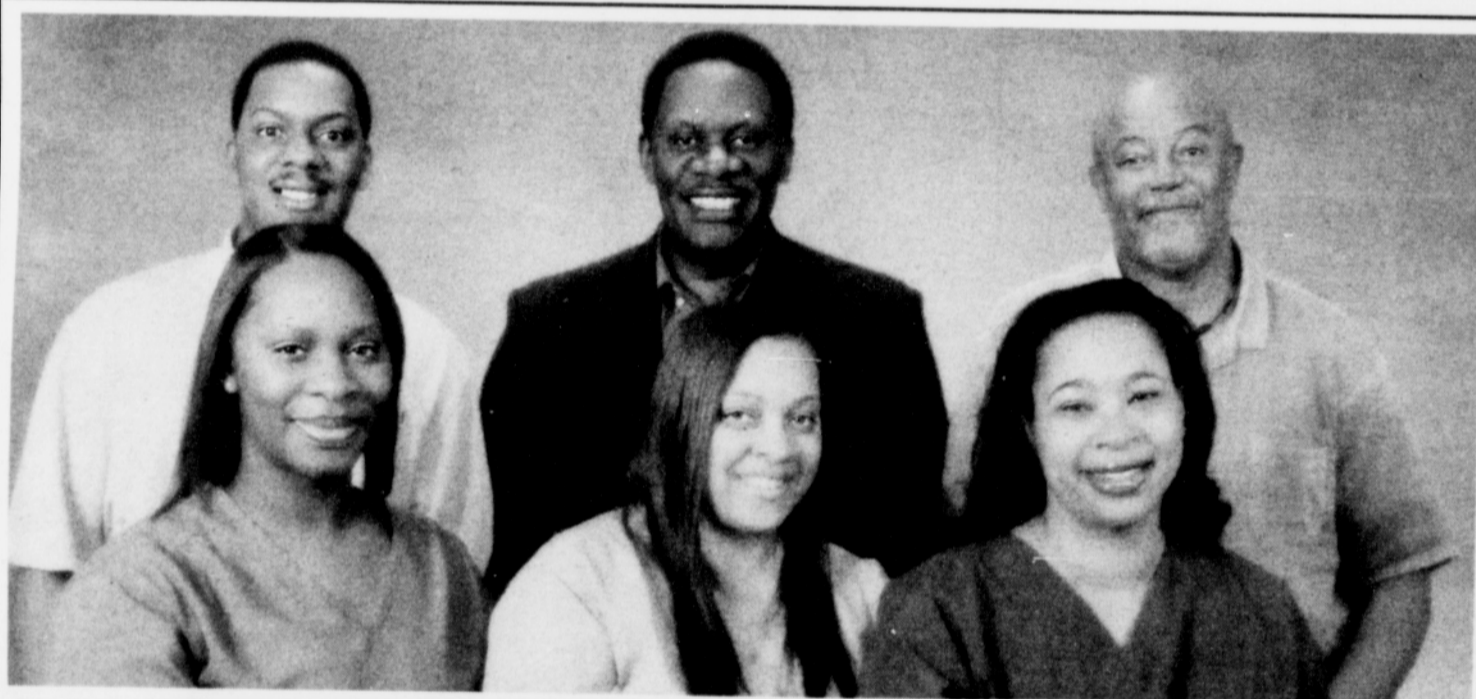
Extracurricular achievements by Roosevelt students include the school boasting one of the top rugby teams in the state and students in the drama department, which won a state competition, as well as a summer invite to the International Thespian Festival.



Roosevelt has also received a grant from Mt. Hood Cable Regulatory Commission that will provide each student with new technologies to connect with online curriculum, interactive study tools and grade and assignment tracking.

The upcoming year for Roosevelt is also looking bright with the increase in freshman class enrollment rising from 160 members this year to 250 next year.

Roosevelt High School  
in north Portland



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 25. Chiropractic and Fitness: The way to wellness in the eighties

**Q:** I continue to hear that diet and exercising are helpful in maintaining a strong body. But where do I begin? There is so much literature and when I ask my doctor he seems unconcerned. How can I get started?

**A:** A good way to begin is with the basics. Since 1895 Chiropractic has been the leader in teaching the basics of health to our society. Good health must include proper nutrition. A general rule of thumb is that foods high in fiber are best for you. Limit your meats and refined foods as well as

alcohol. Get plenty of exercise. For most people it only takes an hour or so a week to stay fit. Walking at a brisk pace with good arm swing is excellent. Rest is paramount. Everyone feels better after a good nights sleep. In Chiropractic, we will often recommend relaxation exercises as well. Have a joyful spirit. Scientists know now that our attitudes actually affect our entire chemis-

try. Finally, always keep a healthy nervous system. Chiropractic is especially suited for understanding the effect of stress on the nervous system and how to eliminate it. Total fitness can be only a call away and worth so much more than just another pain prescription. Isn't it time you stepped up to safe effective Chiropractic?

#### Flowers' Chiropractic Office

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## Community Events

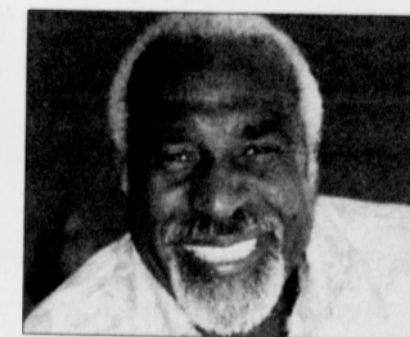
### Summer Nights at Roosevelt

At Roosevelt High School this summer, live music, food, games and a variety of activities will fill several evenings as a way to bring people together throughout the community during the summer months. Upcoming celebrations take place from 6 p.m. to 9 p.m. on July 13, July 27, Aug. 10 and Aug. 24.

Learn about Natural Medicine Impact Northwest North Portland Senior Center and OHSU host an event to discuss naturopathic medicine and remedies in the Community

Room at Trenton Terrace. "The Good Earth: Let's Talk About Natural Remedies for Staying Healthy" will be held on July 19 from 3 to 4 p.m.

Mid Summer's Night on the Town On Saturday, July 16, A Mid Summer's Night on the Town event will be held in St. John's, where there will be street performers, a raffle, snacks and great deals by local businesses which will stay open late for a night of fun and refreshments. The event will begin at 5 p.m.



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