

**THE LAW OFFICES OF
Patrick John Sweeney, P.C.**

Patrick John Sweeney
Attorney at Law

1549 SE Ladd
Portland, Oregon

Portland: (503) 244-2080
Hillsboro: (503) 244-2081
Facsimile: (503) 244-2084
Email: Sweeney@PDXLawyer.com

THE AFRICAN AMERICAN MEN'S CLUB, INC.

**ANNUAL
VALENTINE BALL
& DINNER DANCE**

SATURDAY
FEBRUARY 16, 2013
8 PM - 1 AM

ELKS LODGE
6 NORTH TILLAMOOK STREET
PORTLAND, OREGON

MUSIC BY DJ MICHAEL MORRIS
GOOD MUSIC - SPLIT RAFFLE - FUN FOR ALL
BEST DRESS \$25 AND RAFFLING OFF TWO VALENTINE BASKETS

AFTER FIVE ATTIRE

TICKETS \$15.00 - AVAILABLE AT
AAMC CLUB MEMBER - ELK LODGE 503-284-4853
JAMES AND JOHNNIE MAE MAYFIELD (VANCOUVER) 503-282-5809
CYNTHIA LIVINGSTON (PORTLAND) 503-504-0640

PROCEEDS TO BENEFIT THE AAMC SCHOLARSHIP PROGRAM
THE AAMC IS A NON-PROFIT ORGANIZATION

SPORTS

Rookie of the Month Again

Damian Lillard
also picked for
Rising Stars game

Portland Trail Blazers guard Damian Lillard was named Kia NBA Western Conference Rookie of the Month for January on Monday, joining Brandon Roy as the only Trail Blazer in franchise history to win the award three times.

Lillard, 22, is also being honored in his rookie season by being named as a player in the Rising Stars Challenge game coming up next week during the NBA All-Star weekend. The announcement by a vote of NBA assistant coaches came as Lillard leads all NBA rookies in scoring.

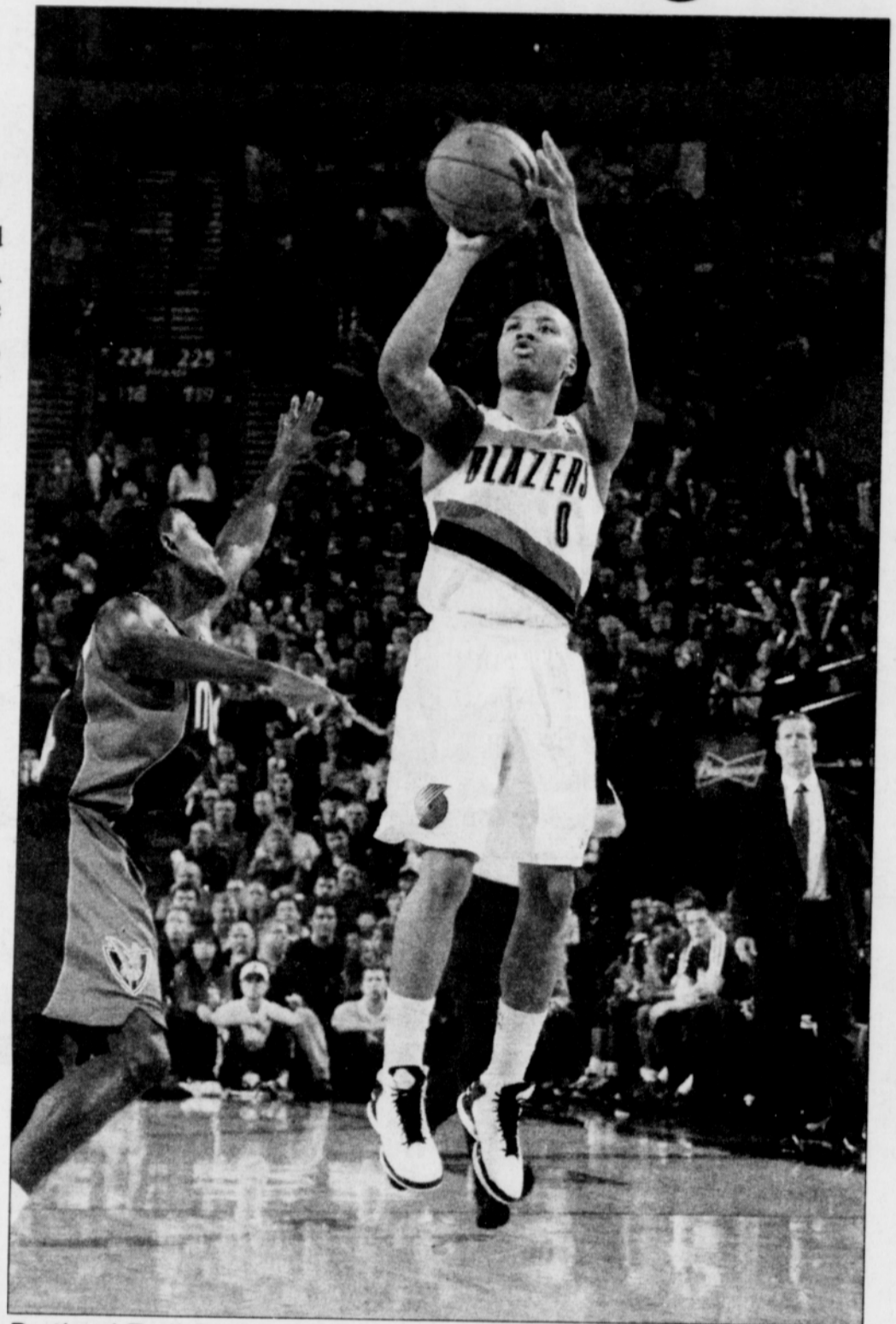
The 6-foot-3 point guard from Weber State holds season averages of 18.1 points, 3.3 rebounds, a team-high 6.5 assists and 1.04 steals in 38.4 minutes. Portland selected him with the sixth overall pick in the 2012 NBA Draft.

Lillard tallied a career-high 37 points Jan. 11 at Golden State, going 7-for-12 from 3-point range to become just the fourth rookie in NBA history to count 37 points and seven 3-pointers in a game.

His eight games of 20 points and eight assists rank seventh among NBA players this season.

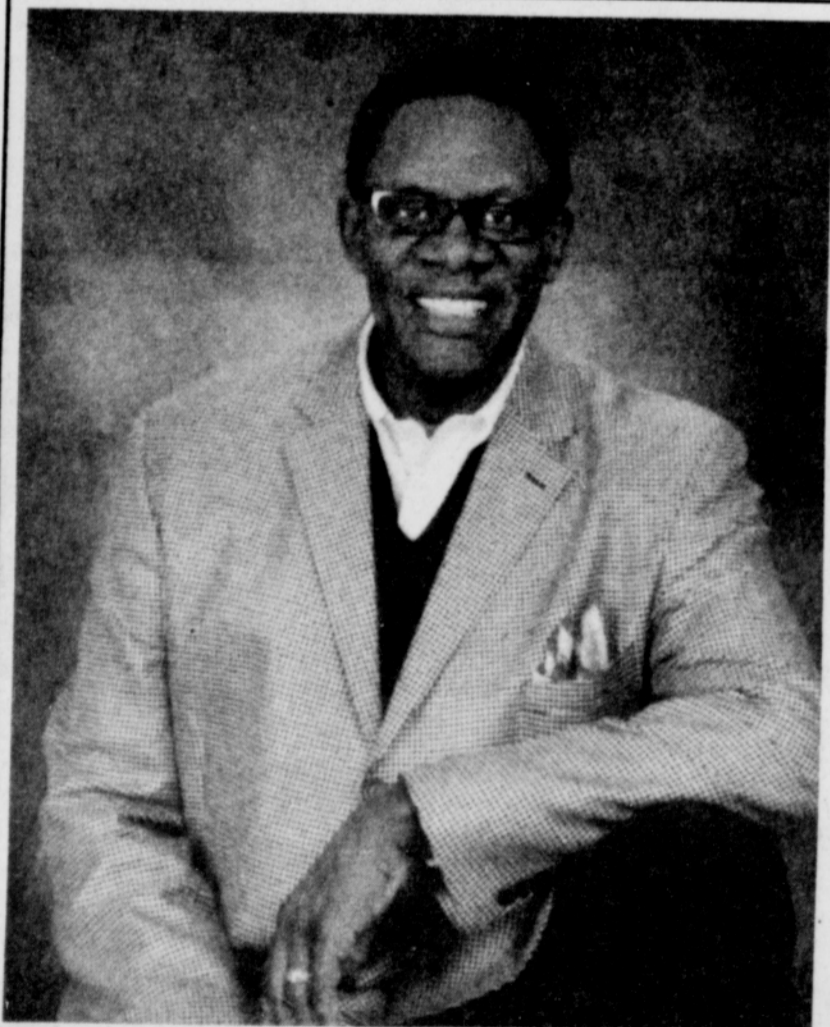
"It's exciting to be a part of All-Star Weekend, and I appreciate the assistant coaches including me on the roster," said Lillard. "I'm happy to be named to the team and look forward to the experience."

Damian has been a crowd-



Portland Trail Blazer Damian Lillard was named NBA Western Conference Rookie of the Month for January on Monday. The guard out of Weber State joins Brandon Roy as the only Trail Blazer in franchise history to win the award three times.

pleaser for fans in Portland night in and night out this season, said Trail Blazers President and CEO Chris McGowan. "I'm thrilled that he'll have an opportunity to do it on a global stage at All-Star Weekend." The game will tip-off at Houston's Toyota Center on Friday, Feb. 15, at 6 p.m. and will be broadcast live on TNT.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 3. ALLERGIES: Why Chiropractic often works more effectively than drugs.

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

A: First, take a look at the word itself. "Allergy" is a shortened form of "altered energy." Way back when patients first complained of allergic symptoms, it was obvious to the physician who coined the term that somehow, the body's energy configuration had shifted and caused the problem. Chiropractors now know that the

central nervous system controls the body's flow of energy. We also know that when the spinal column is out of alignment, it interferes with the central nervous system's flow of energy. When those nerves leading to the eyes or nose or throat are being interfered with, "altered energy" symptoms result. By correcting the source of the problem, not

just the symptoms, Chiropractic can often provide complete, lasting relief. Without drugs or drowsiness. For help with your allergy-related problems or answers to any questions you might have about your health, your will find that Chiropractic is often the answer. Call us for an appointment

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504