

Arts & ENTERTAINMENT

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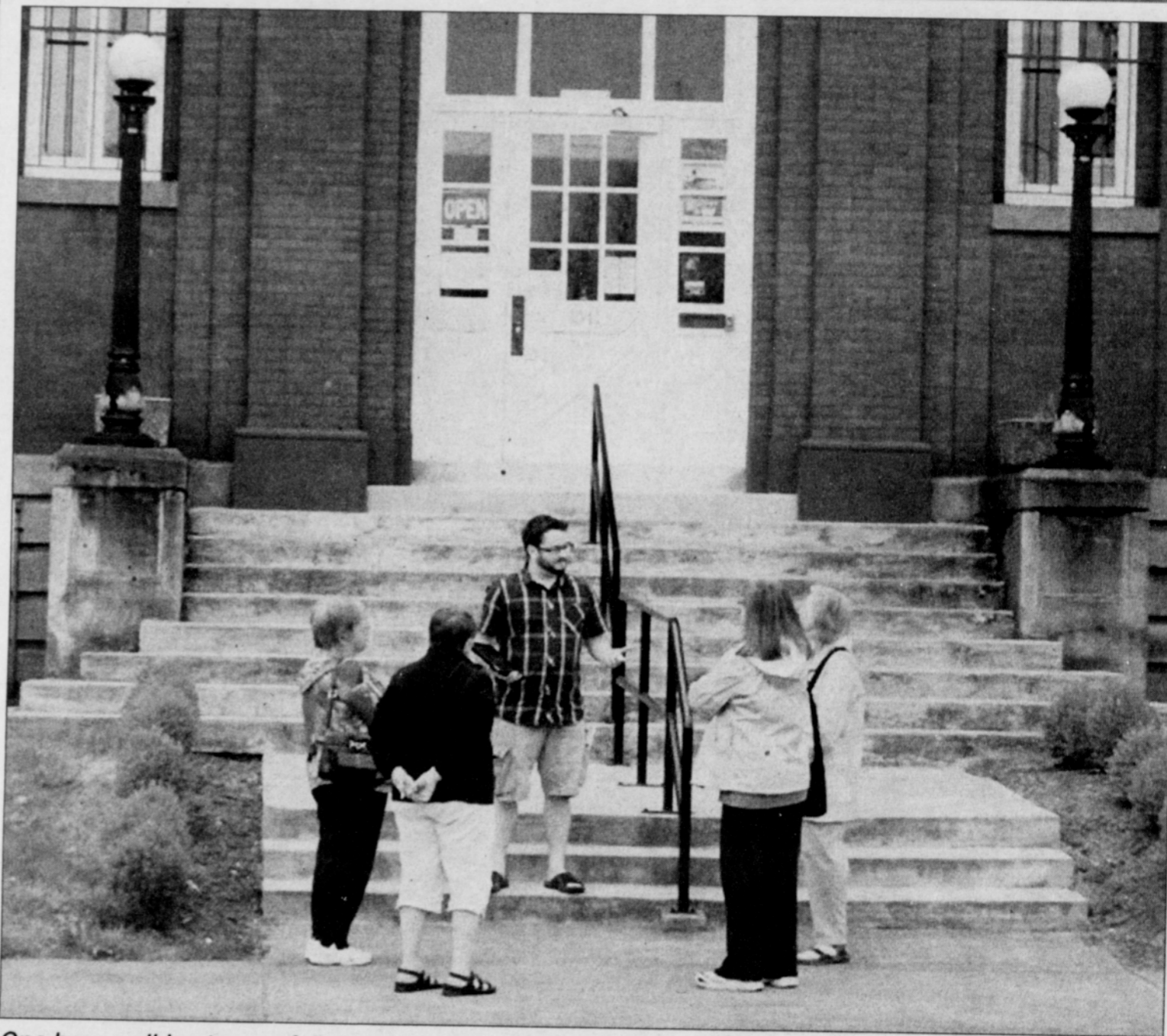


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One-hour walking tours of downtown Vancouver, sponsored by the Clark County Historical Museum, begin for the summer season and continue every Friday through Aug. 30.



Sweet Street Food Cart

on the corner of MLK and Lombard
call **503-995-6150** to place order

Spring Special

Monday - Friday, 11:00am - 7:00pm
Saturday - Sunday, 11:00am - 5:00pm

Wednesday Special: 3 Wings \$2.00

Friday Special: Rib Sandwich, Beef or Pork, \$4.00

Downtown Vancouver Tours Begin

The summer season opens a series of downtown Vancouver walking tours by the Clark County Historical Museum.

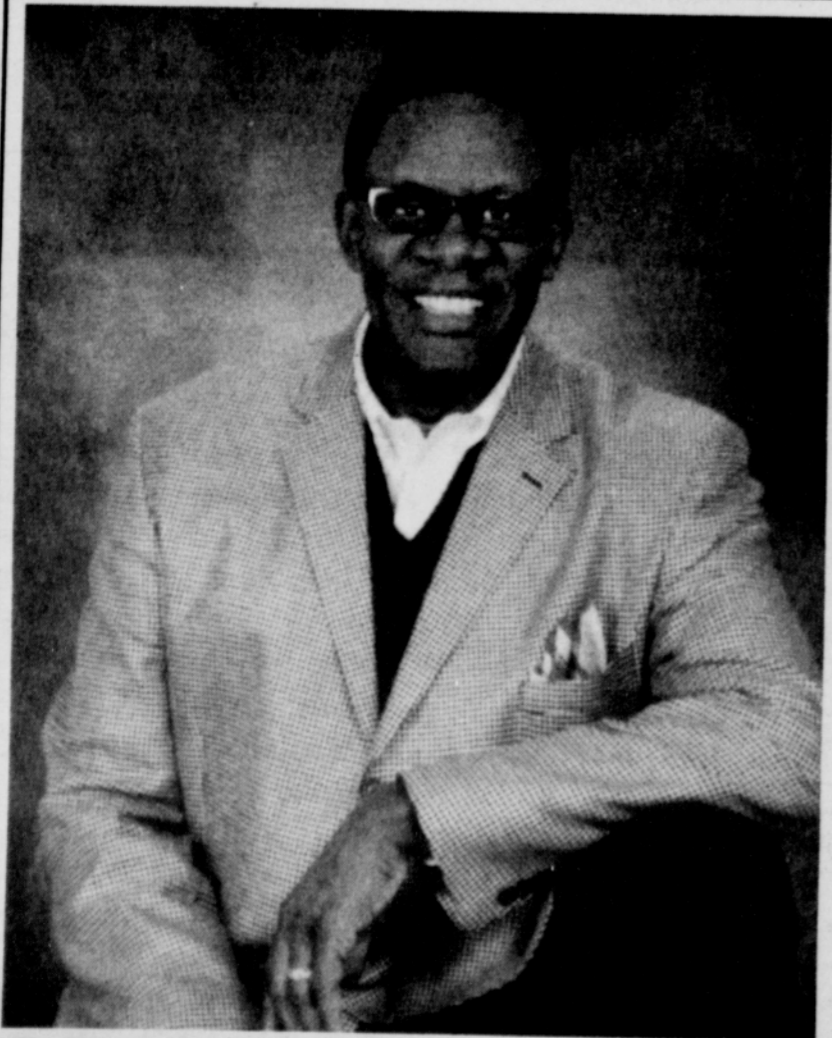
Beginning Friday, May 31, promptly at noon, the first tour will start at Esther Short Park with a one-hour walk with a museum tour guide. Bring your rain hat and walking

shoes for a look at some of Vancouver's earliest neighborhoods while you get a bit of fresh air. Bring your camera, too, if you'd like to capture some of the detail.

The hour walks will take place every Friday through Aug. 30. Each week, one of seven distinct tours will be held as we progress geo-

graphically and chronologically up through the downtown Vancouver area; tours will begin a second run July 19.

Tour tickets are \$5 for members and \$7 for non-members. Visit cchmuseum.org or call 360-993-5679 for more information and to see where each tour begins.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 18. Chiropractic And Prevention:

Life doesn't have to be a series of emergencies anymore

Q: It seems that I am always sick. I do what my doctor says but if anything my colds and flu attacks are getting worse. What do you think?

A: Constant colds and influenza indicate that the immune system (and the body in general) is highly stressed. Did you know that recently leading scientists have discovered that the entire immune system is an out-growth of the nervous system? If you nervous system is stressed

and irritated, the immune system cannot work properly either. People who have regular Chiropractic checkups report that they get fewer colds and influenza. They keep the stress off their nervous systems. Keeping irritation off the nervous system also helps you avoid morning backache and head-aches and allows you to cope with stress better. And you'd

be amazed at the energy you have with preventive Chiropractic checkups. If you'd like to trade in your colds for a bounce in your step, call us for an appointment today. It could be the healthiest call you have ever made. Isn't time you stepped up to Chiropractic?

Flowers' Chiropractic Office

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