

# BOWEIVEL

Classic Cuts  
&

Lawn Care Maintenance



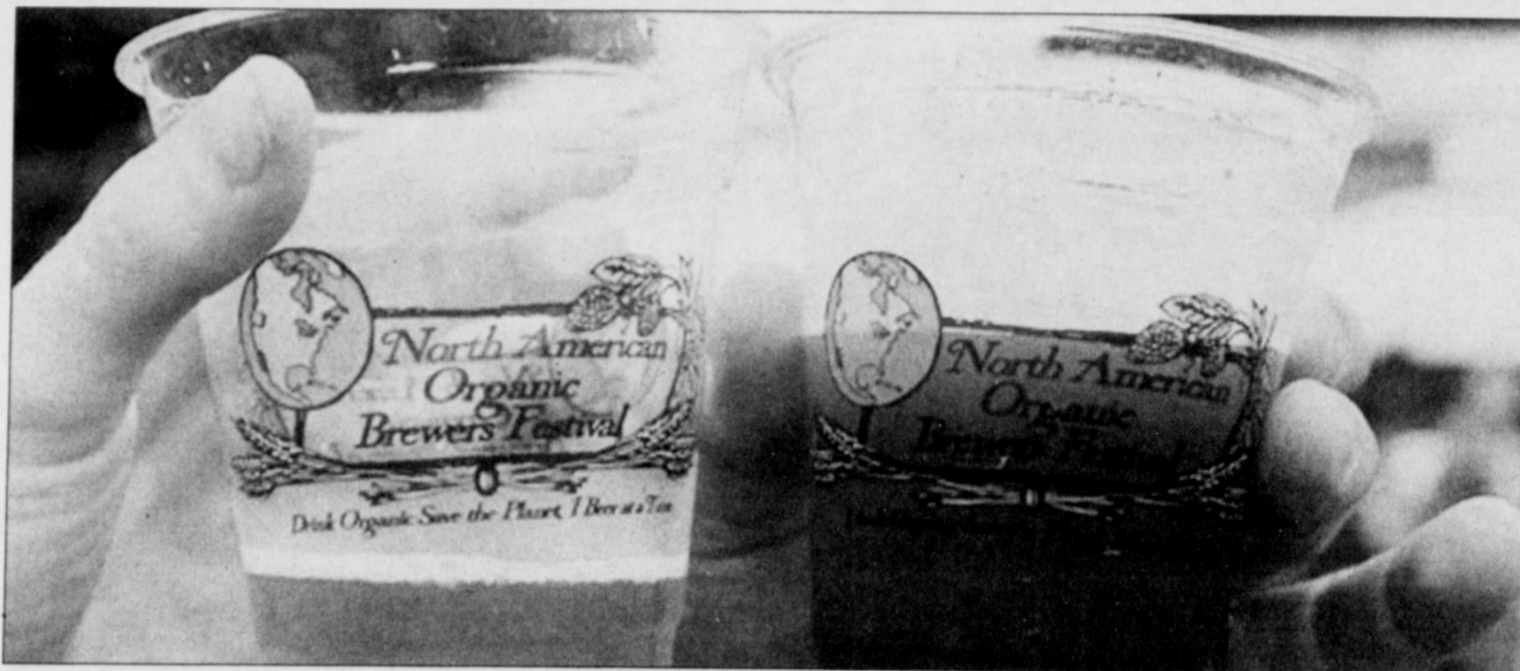
Mowing, Edging & Trimming • Pruning, Tilling, & Gardening  
Clean-Up & Hauling • Leaf & Debris Removal • Composting  
Yard Maintenance • Bark Dusting • Power-Washing • & More!

Commercial & Residential Services

For free estimates call Owner James Wimbish at:  
503-890-4826

"Your satisfaction is my guarantee"  
Boweivel@comcast.net

# Arts & ENTERTAINMENT



Two of Portland's beloved industries, organic beer and sustainability, come together in an annual celebration designed to raise awareness about organic beer and sustainable living.

## Organic Brew Festival Weekend

### Eco-conscience festival to serve up 60 beers and ciders

The North American Organic Brewers Festival opens its 9th annual event this weekend at Overlook Park in north Portland.

The festival will serve nearly 60 organic beers and ciders from 39 breweries. Event hours are noon to 9 p.m. Thursday through Saturday, and noon to 5 p.m. Sunday.

Admission into the event is free. The purchase of a \$6 reusable, compostable cornstarch cup is required for tasting beer, as are tokens, which sell for \$1 apiece. A full cup of beer or cider costs four tokens and a four-ounce taste costs one token; select beers cost double tokens.

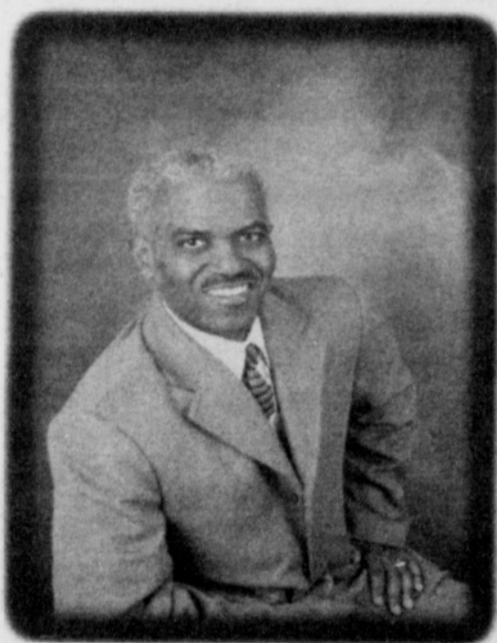
The event also features live local music, organic food, sustainability-oriented vendors and non-profits.

The North American Organic Brewers Festival is a family friendly event, and minors are welcome with parents.

For information, visit [naobf.org](http://naobf.org).

## Harris Photography Studio

Located at  
4545 NE MLK (Blue & White Building)



Call for appointment today

503-730-1156

Studio is also ready for Pet Portraits!

### BUDGET INSURANCE

"Your Budget is our Budget"

At Budget we work with many insurance companies to find the best fit for your needs and to fit your Budget.



DURAN BEASLEY

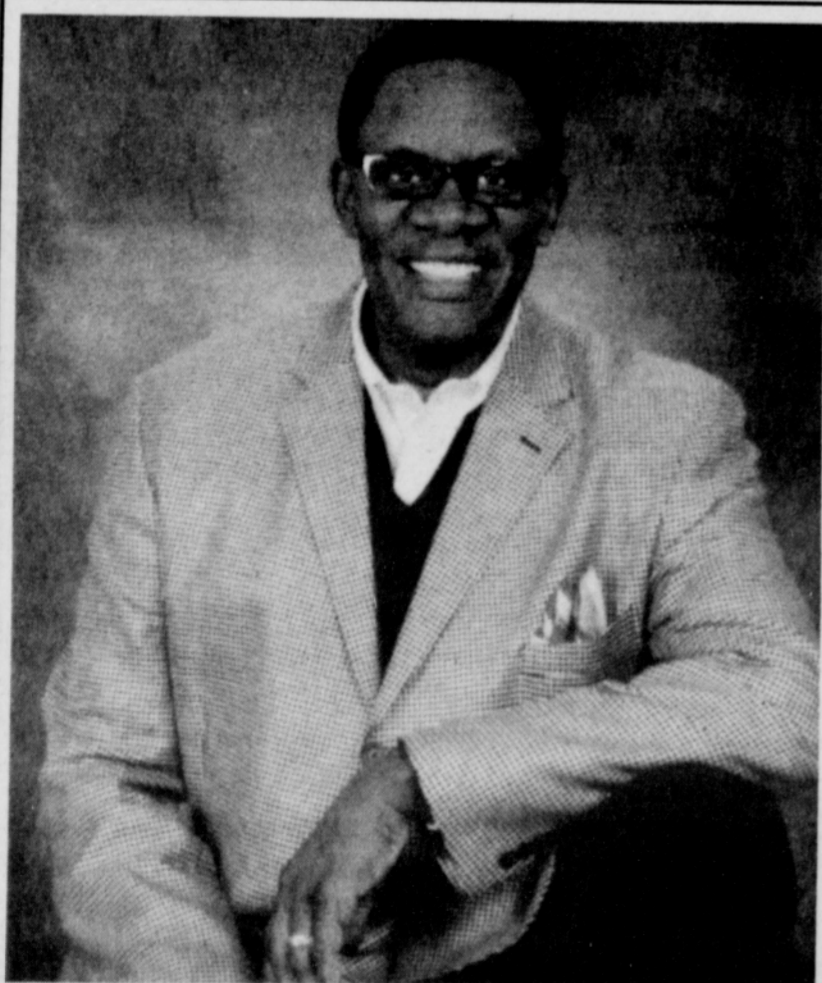
Call today for a free quote!

503 515 4377

Fax 503 445 4591 Office 503 445 4595  
3202 SE 82nd Ave Portland, OR 97266

An independent agent serving Oregon & Washington

- AUTO
- HOME
- LIFE
- BUSINESS
- HEALTH
- SR 22



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 22. Chiropractic and Health

#### A way of Life...not just a passing diagnosis.

**Q:** Following a thorough check-up my doctor says that I'm "fit as fiddle." If this is true, why do I often suffer pain?

**A:** It is indeed interesting that a doctor can give a "thorough checkup" and yet fail to fail to evaluate the spine and nervous system. I'm sure that while in school your doctor learned that the nervous system controls every other organ and function in the body.

Doesn't it make sense then that a truly thorough checkup should include not only blood pressure, weight, chest and eye exam, etc but should also and primarily include a detailed evaluation of the nervous system? In Chiropractic

We study the nervous system and the spine completely to assure you that we

find the cause of your problem. If you have persistent aches, pains or fatigue, there is a reason for it. If you haven't had a Chiropractic evaluation, you have NOT been examined completely. For the sake of your health now and in the future, call today. Isn't it time you stepped up to Chiropractic?

### Flowers' Chiropractic Office

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