

SPORTS



Members from the Rose City Thunder basketball program are raising donations to help pay the expenses for their participation in next week's AAU Basketball Tournament in Las Vegas.

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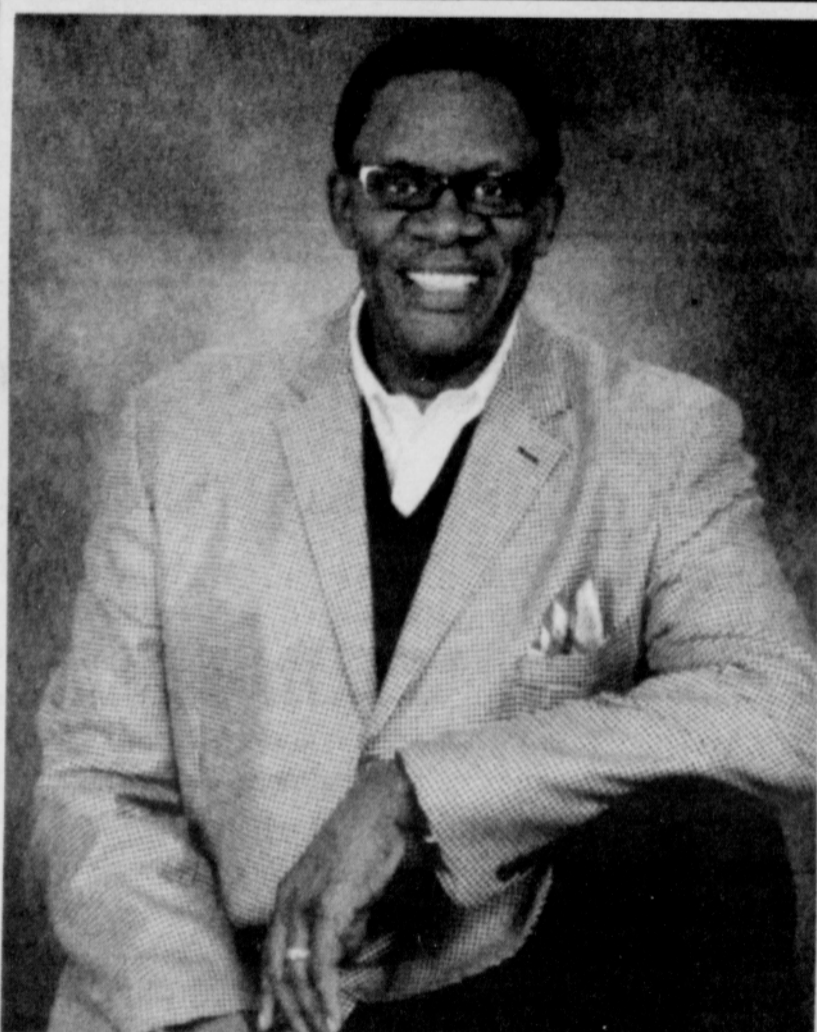


Car Wash for AAU basketball Tournament

John LyDay, founder and coach for the Rose City Thunder basketball program, is reaching out for community support to help pay expenses for his team's participation the AAU Basketball Tournament in Las Vegas, July 22-28.

The youth program is dedicated to making a difference in the community by helping kids grow into productive lives through sports, skills training and partici-

pating in community programs. Donations during a car wash on Sunday, July 21, from 11 a.m. to 7 p.m. at the corner of Northeast Martin Luther King Jr. Boulevard and Sacramento will help cover the cost of playing in the tournament, including van rentals, hotel rooms, food and any incidentals. For more information, visit rosecitythunderbasketball.com or email John LyDay at rosecitythunder@hotmail.com.



Dr. Billy R. Flowers

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 chemistry. 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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