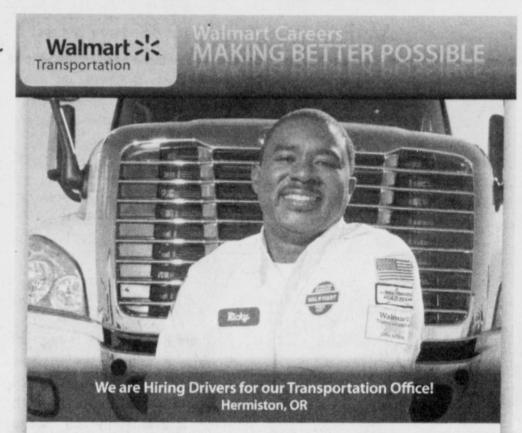
## BUSINESS



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PHOTO BY DONOVAN M. SMITH/THE PORTLAND OBSERVER

The Café at Miracles has become a go-to spot for soul food at 4200 N.E. Martin Luther King Jr. Blvd. Welcoming customers (from left) are Herman Bryant, the Café at Miracle's executive director, owner Kim Leeman and chef Lashondra Sims.

### Down Home Cooking

#### Everything made from scratch and fresh at the Miracles Café

BY DONOVAN M. SMITH

King Boulevard in the last 8 months you have almost undoubtedly passed by Miracle's Café. Launched in November, the small soul food restaurant located on 4200 N.E. Martin Luther King Blvd. is becoming a

Kim Leeman, a former mayor of a small-town in Oregon where "everyone-knew-everyone," she says she never expected to own a soulfood restaurant.

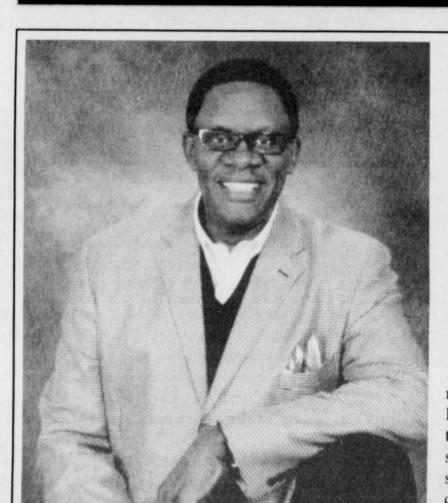
pansion happening in the neighand opened Miracles.

"We want to make sure that there is always somewhere reasonable to eat and that there is a place to get actual, real, soul-food," she said.

go-to spot for many across the city. recipes that come into Miracles has ing for in the area. He's calling Recognizing the increasing ex- erything is fresh," he says.

Leeman is committed to making If you've been on Martin Luther borhood, she saw an opportunity sure the food at her restaurant remains fresh too. She's even gone as far as to go out and personally pick berries for the pies served at the eatery.

> Herring feels Miracle's Café Lonnie Herring who oversees all is exactly what people are lookone theory to why people seem to it "the new Pearl District," and be flocking to the restaurant which between the quality of cooking, is still in its freshman year, a small but personable wait-"....[the]down home cooking, ev- staff, and the affordable prices erything is made from scratch, ev- he feels the restaurant will only continue to grow.



Dr. Billy R. Flowers

# JA COLUMN

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

#### Part 32. Associated Pain

Is my leg pain related to my recent back injury?

: Sharp pain radiating from you back down one leg can be a result of a pinched nerve in the spine. Herniated discs and bone spurs are two of the most pinched nerve in the spine. Disc in the spine function like shock absorbers; and they can become damaged from an injury or normal use.

Your leg pain is likely related to a problem in your lumbar spine, although it is hard to pinpoint exactly what triggered your pain. You might have had a pre-existing condition made worse by a recent injury. The good news is this

type of pain often resolves on its own or with chiropractic treatment. If the pain lasts longer than a few weeks, or if you have noticeable weakness in your leg or foot, talk to a doctor about getting an MRI.

#### Flowers' Chiropractic Office

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