

'Motown Revue' Holiday Benefit

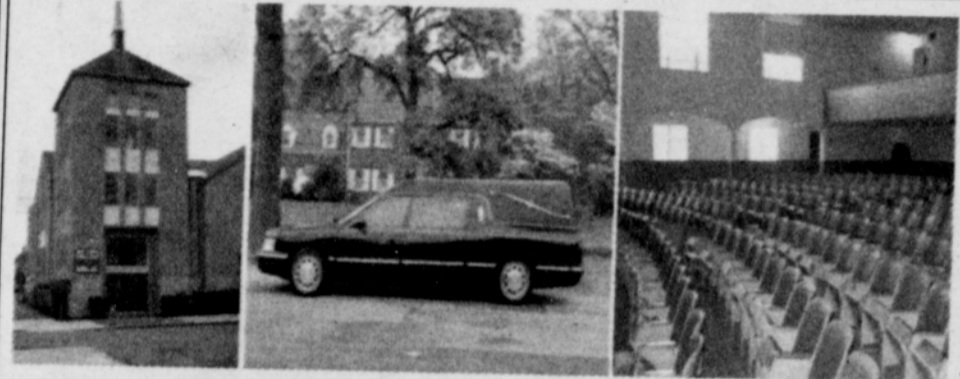
'Hitzville' show in Portland Saturday

Two Las Vegas shows will bring out the Christmas spirit in Portland Saturday as Project Clean Slate benefits from a Roy Jay holiday fundraiser expected to attract over 700 people to the Oregon Convention Center, Saturday, Dec. 14 at 7 p.m.

Project Clean Slate is an award winning community non-profit organization which helps people make restitution and get past civil and



A holiday fundraiser for Project Clean Slate will bring the Las Vegas show Hitzville, The Motown Revue to Portland on Saturday, Dec. 14 at 7 p.m. at the Oregon Convention Center.



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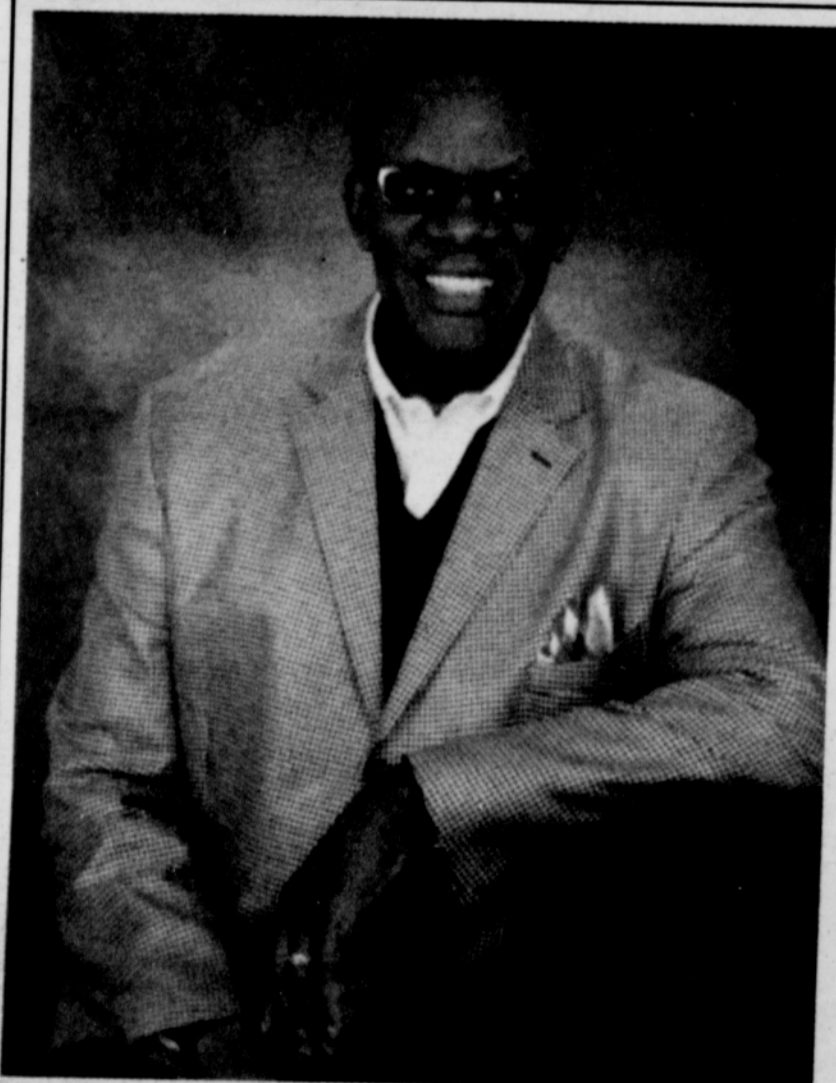
criminal judgments that can hinder their employment. The program was founded by Jay, a Portland African American leader and business entrepreneur, and has received support, recognition and praise from government and private sector officials.

Saturday's black tie optional event promises to be one of the highlights of the holiday season. Headlining the night is Hitzville, The Motown Revue which has received rave reviews from Las Vegas audiences. In addition, the opening act will be Heidi Thompson as Cher.

The event of the season is co-sponsored by various businesses and agencies throughout the city including Wells Fargo Bank, Motorola Solutions, Portland Police, Roy Jay Enterprises, Emerett International, City of Portland and others.

The evening will include a full course dinner catered by Aramark/Giacometti Partners. For tickets, call 503-231-2571 or visit tickettomato.com.

Heidi Thompson performs as Cher.



Dr. Billy R. Flowers

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PART 11. EXERCISE: Does it help low back problems, or only make them worse?

Q: A friend of mine showed me a series of exercises designed to help her low back problems. Is it all right for me to use them, too?

A: It would be enlightening to know the number of people with qualified back problems (fixation on the spinal joints) who are told they only need to exercise. They are given a brief exam and a sheet of stretching exercises to follow. They are led to believe nothing else need to be done. This is only incomplete therapy, it is also therapy that could easily lead to

very disastrous side effects. When we exercise and stretch muscles without removing the cause of the spasms, it actually forces the body to degenerate faster. You are better off to have done no exercising at all. In Chiropractic, we know the exercise is an important part of health, but only after Chiropractic care has removed the spinal fixations that caused the prob-

lem in the first place. Then and only then can the spine be correctly stretched and strengthened without traumatizing muscles and nerves. For a safe, gentle accurate assessment of your spinal situation or for answers to any questions you might have about your health please call our office.

Flowers' Chiropractic Office

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