

Explore History of Black Communities

Portland Community College's Cascade Campus, 705 N. Killingsworth St., invites the public to hear from a panel that explores the history of black communities in Oregon.

The presentation will explore the reasons there are so few blacks in Oregon and why so many people of color continue to leave Oregon.

"The Forgotten Northeast Black Community," is scheduled from 11 a.m. to 1 p.m., on Wednesday, Feb. 26, at the Moriarty Arts and Humanities Building Auditorium.



Showdogs is a full service salon. We do baths, all over hair cuts, tooth brushing, nail trims, soft claws, flea treatments, mud baths, and ear cleaning. We also have health care and grooming products to keep your pet clean in between visits.

Show Dogs Grooming Salon & Boutique

926 N. Lombard
Portland, OR 97217
503-283-1177

Tuesday-Saturday 9am-7pm
Monday 10am-4pm

*Yo dawg is gonna look like a show dawg
and your kitty will be pretty.*

Getting Help for Heating Bills

Self Enhancement, Inc. is informing the community that Northwest Natural Gas has allocated funds to the SEI Community and Family Program to assist Northwest Natural Gas customers with energy assistance with their heating bill.

The primary purpose of these funds is to help low-income customers with their natural gas bill. The target group is the elderly, handicapped, and families with small children.

Households in Multnomah County must meet the 2014 Federal Eligibility Income Guideline and be able to provide copies of the required documents to qualify for energy assistance.

For help and to schedule an appointment, call the SEI Community and Family Programs at 503-285-0493, Monday through Thursday between the hours of 9 a.m. and 11 a.m. or 1 p.m. and 3 p.m.



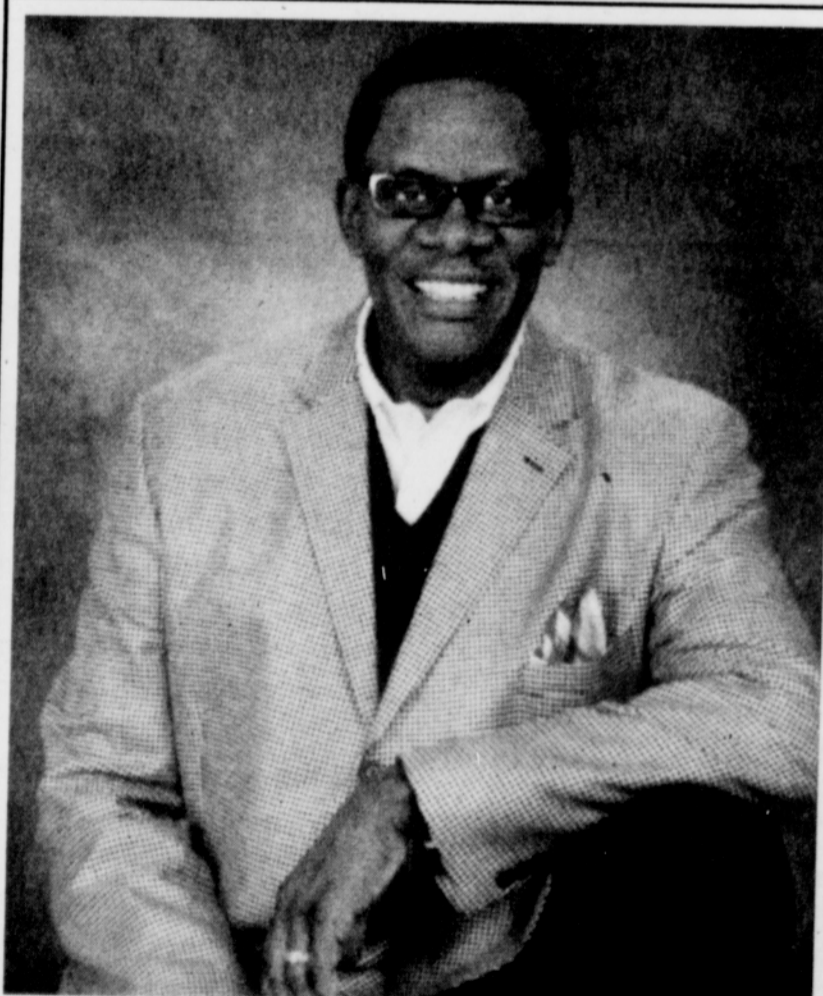
\$25,000



\$25,000

Value is Relative. Whether you donate an old master to your local art museum, or support the next generation of "abstract expressionists", it's your connection to the community that counts. With The Oregon Community Foundation, you can create a fund that puts your resources to creative use — locally — for the causes you care about most. For more information, call us at 503.227.6846 or visit www.oregoncf.org.

 THE OREGON
COMMUNITY
FOUNDATION
Here for Oregon. Here for Good.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 20. It's Just Your Nerves:

Chiropractic's answer to an age old answer

Q: I have been to see a number of doctors about my headaches. The most recent one said it was, "just nerves" Can Chiropractic help?

A: Your doctor was probably right. Chances are it is your nerves. An independent research team recently announced that between 90% and 95% of all head-aches were due to pressure on the nerves. Your doctor was probably talk-ing about

emotional nerves. The research team, of course, was talking about the nervous system. When pressure or irritation gets on nerves (scientifically known as subluxa-tion), tension in muscles will result. In the neck, this tension will work its way up to the skull. Next, blood flow will be altered. Before you know it, you will have another throbbing headache. In

Chiropractic, we work with reducing subluxations, releasing the irritation from the nerve fibers. Muscles can relax. The body will no longer send a message of pain and your headaches will be gone for good! If you're tired of hearing that your problem is "just nerves," call us today. We've got the answer to the "just nerves" answer.

Flowers' Chiropractic Office

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