

RELIGION

Pastor and Community Leader Remembered

Robert N. Probasco Sr.

Funeral services were held Saturday, April 22 at New Song Community Church, for Robert Nelson Probasco Sr., the pastor of First A.M.E. Zion Church for nearly two decades, and a longtime community leader, who died March 12, 2014 after an extended illness.

He was born Aug. 11, 1947 in Portland where he attended Abernethy Elementary School; Benson and Cleveland High Schools; Mt. Hood and Portland Community Colleges; and Portland State University.

He loved to be "up and doing." As a youngster, he played baseball, and then he coached the sport when his sons played on Little League teams. He took flying lessons and loved to play golf. He was a natural salesman and won numerous awards for his entrepreneurial accomplishments.

He established and operated two gas stations—a Richfield Station on North Vancouver Avenue and Fremont Street and a Mobil station on Martin Luther King Blvd. and Killingsworth Street. In 1996, Robert and his wife Leslie began selling cars under the name Probasco-Ross. During this time, he also taught accredited courses required to obtain a car dealer's license for the Oregon Independent Auto Dealers Association.

Following in the footsteps of his grandfather, the late Bishop Robert Lincoln Searcie who founded the House of Prayer for All Nations, he was ordained as a minister and later became pastor of the church for a number of years. He started People's AME Zion Church before becoming pastor of First AME Zion Church, located at the corner of North Vancouver Avenue and Skidmore Street.

He took pride in pointing out that First Church saw more of its members graduate from college in the 20 years he was pastor than the church graduated during the previous 130 years.

Pastor Probasco will always be remembered by those who knew and loved him as a person who served the Lord and was deeply committed to his family, church and the greater community. He was a hard-working, compassionate, uncompromising, dedicated man known for his sharp wit, phenomenal memory, and striking sense of humor.

In lieu of flowers, the family has requested that contributions be made to the Robert Nelson Probasco Sr. Scholarship Fund in care of First AME Zion Church, 109 N. Skidmore, Portland, OR 97217.



Highland Honors Gospel Music

Highland Christian Center, 7600 N.E. Glisan St., will celebrate 150 years of Oregon Gospel music with its second annual Peculiar Paradise Legacy program on Saturday, April 5 at 4 p.m. The event is free.

The program will feature Sam Townsend, International Gospel Music Director from Seattle; a debut performance of the 100 voice Legacy Mass Choir directed by Darlene Warren; lead vocalist Alonzo Chadwick; historical exhibits; videos; vendors; and food.

Madame Wendy Jackson, Dorothy Davis, Pastor

Richard Probasco, and the Pacific Northwest Mother of Gospel Lorene Wilder, will receive special recognition for their lifetime of ministry achievements.

Sponsored in part by the African American Chamber of Commerce, Highland will also present the play, "Emerge 7 Women 7 Stools," featuring Elaine Moonie, from Tyler Perry's "I Can Do Bad All by Myself" and Sara Martinez from BET's Sunday Best.

The event will benefit The Highland Haven, a non-profit group founded by Dr. W. G. Hardy Jr. to educate and empower at-risk youth and their families.

TERRY FAMILY

FUNERAL HOME

2337 N. Williams Ave.

Portland, Or 97227

503-249-1788

We make the service personal,

You make the tribute personal.

Every time we arrange a personalized funeral service, we take special pride going the extra mile. With our online Memorial Obituary, now we can do even more.

Friends and family can find out service information, view photos, read obituary, order flowers and leave personal messages of condolences from anywhere, anytime.

Simply go to our website.

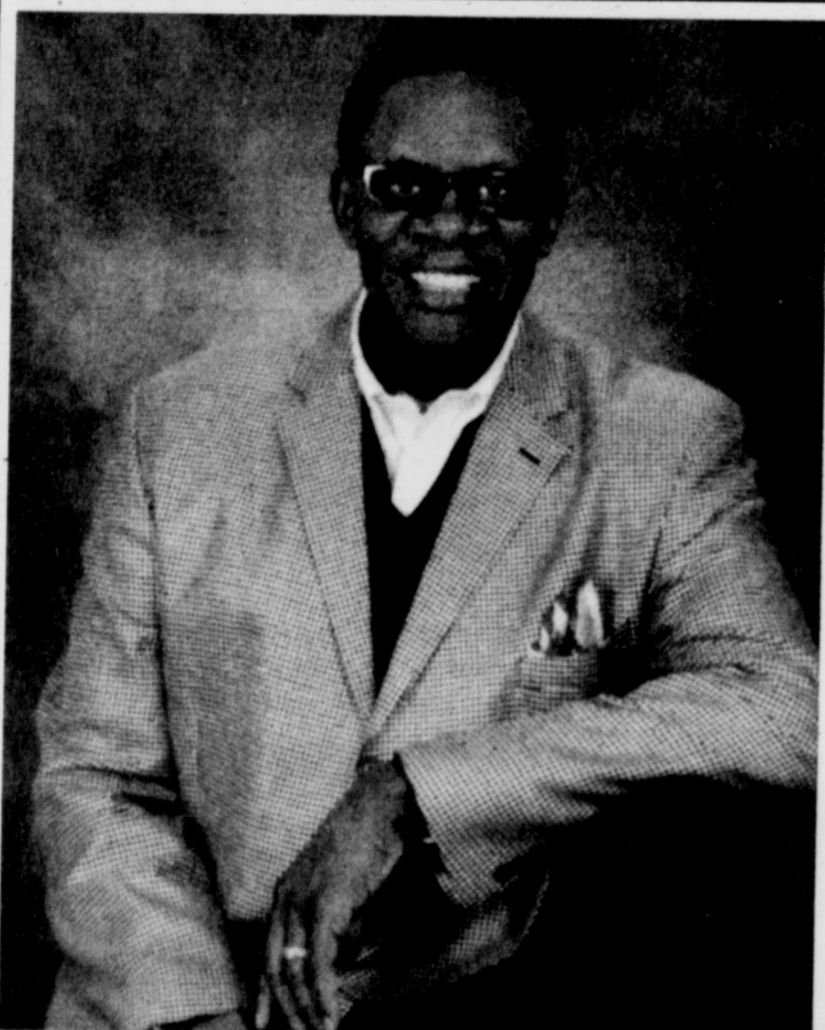
www.terryfamilyfuneralhome.com

"Dedicated to providing excellent service and superior care of your loved one"



Dwight A. Terry
Oregon License CO-3644

Amy S. Terry
Oregon License FS-0395



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 night's 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

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