

Celebrating the Soul of Portland

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commitment to economic equity for all.

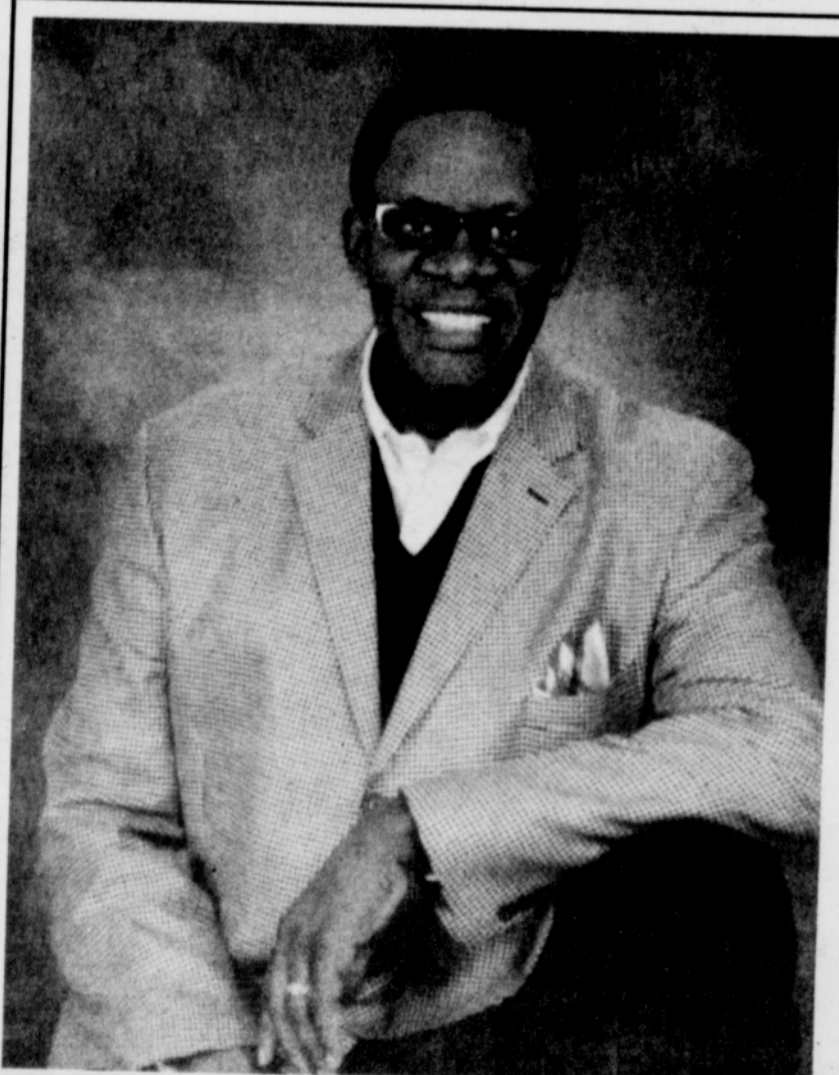
"It was a great community engagement for our rapidly developing district," commented Joice Taylor, chair of the multicultural business association.

On Sunday morning, Aug. 3, nearly 800 runners participated in the various runs. Post-race they were rewarded with delicious Tillamook grilled cheese sandwiches, libations and prizes from local business owners.

Produced in collaboration with Flossin Media and AV Rentals and title sponsors US Bank, Nike Factory Store and Portland Trail Blazers, the MLK Dream Run helped raise funds for youth empowerment programs including; the NNEBA Fellows Youth Internship Program and the "I Have a Dream" Oregon foundation.

The event will continue to take place the first weekend in August each year. For more information, call the NNEBA at 503-841-5032.

Participants and volunteers lineup for the Martin Luther King Jr. Dream Run festivities held in the heart of Portland's historic African American community at Northeast Martin Luther King Jr. Boulevard and Alberta Street.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 10. Fatigue: A cure for people sick and tired of being of being sick and tired.

Q: I seem to be tired a lot lately. Does that mean I need iron?

A: The most common reason patients come into our office is because of some type of pain. But many of these people are also suffering from fatigue. Fatigue that makes the eyes burn slows down the healing process and makes you wonder why you don't feel as well as you used to. Obviously, there can be many causes of fatigue. Diet is certainly one of them. It's a subject we'd be happy to discuss

with you in detail. Another cause, however is often stress. Many of you have probably heard of the "Fight Or Flight" syndrome. When the body is stressed, it responds with a combat-ready posture. In analyzing many such patients' x-rays, we find the head angled forward and the back arched in this highly-stressed position. After Chiropractic adjustment, this condition is often vastly improved.

Patients come back well-rested, telling us they just had their best night's sleep in ages. If you think the stress of everyday life might be wearing you down and preventing your body from warding off illnesses, call us for an appointment. Or if there are any other questions you might have about your health, just call us at the phone number below.

Flowers' Chiropractic Office

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