

Participants in Big Brothers Big Sisters Bowl for Kids' Sake fundraiser at Interstate Lanes in north Portland.

PHOTO COURTESY BIG BROTHERS BIG SISTERS COLUMBIA NORTHWEST

## Building Bonds for Local Kids

Big Brothers Big Sisters of Columbia Northwest has new support for its program that connects children facing adversity with adult mentors to create real and meaningful impacts in the lives of those involved.

Recent Bowl for Kids' Sake fundraising events raised more than \$170,000 with all of the proceeds to go towards supporting the local chapter's current "matches."



More than 50 people came out for a "Little Bowl" on May 31 at Interstate Lanes in north Portland and more than 15 local businesses also supported this year's event –

including Nike, Kuni Automotive and Kaiser Permanente, officials said.

"Our goal at Big Brothers Big Sisters is to create a better fu-

ture for children in need, because we believe every child deserves an opportunity to achieve their dreams," said Andy Nelson, the organization's chief executive of-

ficer.

The agency serves Clackamas, Clark, Multnomah and Washington counties. For more information, visit [bbbsnorthwest.org](http://bbbsnorthwest.org).



## Blood Drive to Save Lives

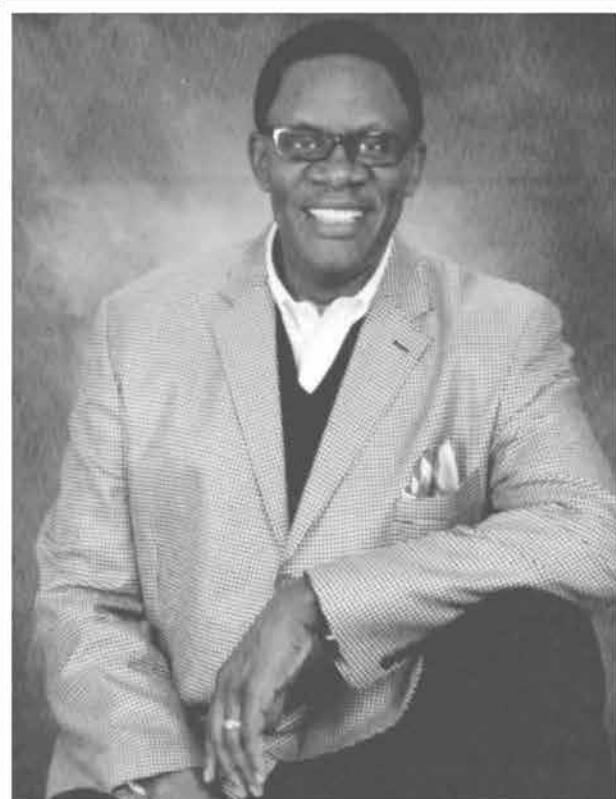
The American Red Cross is hosting a community blood drive commemorating the work of Dr. Charles Drew, an African American physician who served as medical director of the first Red Cross blood bank.

The blood drive takes place Saturday, June 20 from 7:30 a.m. to 1 p.m. at the Red Cross

*A community blood drive honors Dr. Charles Drew, an African American physician who served as medical director of the first Red Cross blood bank.*

building at 3131 N. Vancouver Ave. Donate Life Northwest will have an information table available and a discussion panel will be held to discuss Sickle Cell Anemia and share stories of how blood donations save lives. All donors will receive a t-shirt, an Adidas 50 percent off coupon, and a free haircut (for those who arrive between 8:30 and 10:30 a.m.).

Red Cross officials say summer is a difficult time to collect enough blood to meet patient needs, partly because regular donors are traveling and vacationing and schools that host drives are out of session.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 13. Shoulder Pain: Why many people cannot, and should not, take it lying down.

**Q:** My shoulders hurt so bad at times, I can hardly sleep. What can Chiropractic do for me that no one else has been able to?

**A:** Shoulder pain is without question, one of the most debilitating types of pain we encounter. Because the shoulder is so intricately related to the spine, virtually any movement can be excruciating. It is not at all uncommon to see cases like yours where patients' hurt so bad, they cannot even get a decent night's sleep. To Complicate matters, many patients go

from doctor to doctor seeking relief, being told they have bursitis at one office, tenosynovitis at another and so on until they return home confused, frustrated and still in agony. As Chiropractors, we are concerned about nerve flow to the various parts of the body. Of course, we look to see if a bursal sac has been traumatized or if a tendon has been injured. But more importantly, we look to

see what caused the injury. You see, the cause was there long before the pain itself. By treating the cause, we not only relieve the pain, don't suffer through another sleepless night. Call for an appointment to find out how Chiropractic can eliminate the cause of the problem once and for all. Or feel free to call us if you have any questions whatsoever about your health.

**Flowers' Chiropractic Office**

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