



The Horn of Africa brings East African cuisine to the Vanport Square shopping complex on northeast Martin Luther King Jr. Boulevard.

Chefs Grow Popular Restaurant

Putting down roots at Vanport Square

An African immigrant couple is bringing generations of experience in cooking East African cuisine to Portland food-lovers. Horn of Afri-

ca owner-chefs Khadija and Mohamed serve traditional cuisines of Ethiopia, Somalia, Djibouti and the Middle East every day at their restaurant in the Vanport Square shopping complex in northeast Portland.

Horn of Africa began in 1994 as a booth at downtown's Saturday Market, but

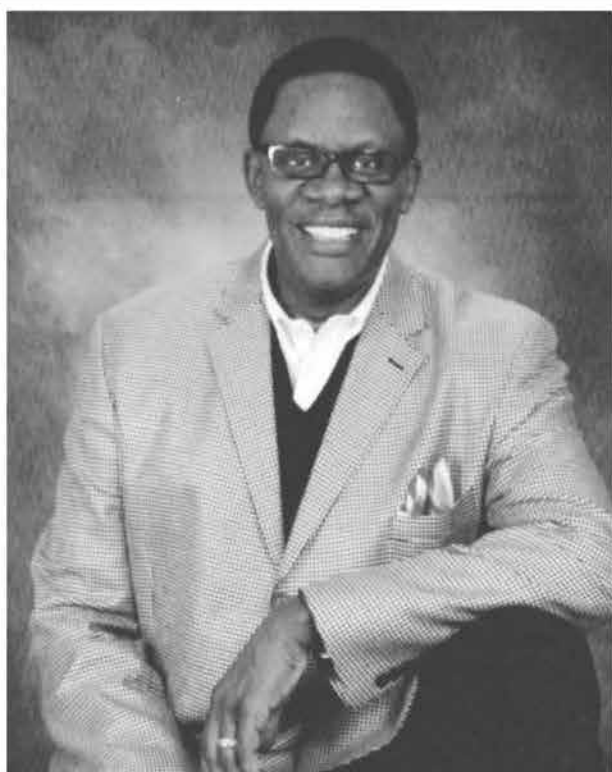
the story of how it came to be starts much earlier.

In the 1980s, Mohamed fled civil war in Ethiopia and ended up in a Sudanese refugee camp. He was fortunate enough to receive a United Nations scholarship, allowing him to study English and business in Cairo.

After marrying Khadi-

ja, Mohamed immigrated to California, while his wife remained behind, working as a chef to foreign diplomats. Eventually Mohamed saved enough to bring Khadija to the United States. After visiting family in Portland, the young couple decided to put down roots and open their Saturday Market kitchen.

After the food booth garnered loyal followers and great reviews from press and patrons, a formal restaurant became the couple's next goal. In 2007, Mohamed and Khadija opened up at their current location, 5237 N.E. Martin Luther King Jr. Blvd. The restaurant is open for lunch and dinner six days a week, closed Sundays, and orders can be called in at 503-331-9844. To learn more, visit hornofafrica.net.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 27. Chiropractic VS Migraines: Saying goodbye to the most menacing of headaches

Q: Can anything be done for migraines? I've had them for the last 20 years and I sincerely can't take it much longer.

A: I had a patient once ask the same question. Her concern, however, was that Chiropractic might hurt. After becoming a patient, she began to make progress. Slowly but surely the nauseating effects of the migraine were leaving her. One day, relaxed and without pain, she said to me "I can't believe that I waited 20

years for this!" That's one comment I'll never forget! The story had a happy, but isn't it sad that it had such an unfortunate beginning. So many suffer for so long with their pain. They literally waste years of their lives, waiting, thinking that it is just a temporary condition. Life itself is a temporary condition. We are all here

for only a while. Why waste one precious moment, let alone years suffering needlessly? Find your freedom through good health NOW... naturally. Find your freedom through Chiropractic...and make each day count. Isn't it time you stepped up to safe, effective Chiropractic?

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