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Vancouver Avenue First Baptist Church has a call out for young singers to join rehearsals for a special 60 voice junior choir to celebrate Easter.

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COMMUNITY HEALTH CENTER

Health happens here.

North by Northeast Community Health Center provides welcoming, high quality health care to adults who have Oregon Health Plan. Our focus is on serving as a primary care home for the African American community in Portland. We are accepting new patients, and if you're uninsured, we can help you get covered! To make an appointment or find out more about our services, call us at (503) 287-4932.

## Junior Choir Rehearsals Call

BY ALEX WISE  
THE PORTLAND OBSERVER

Young singers are needed to celebrate Easter in song, friendship and fellowship.

Vancouver Avenue First Baptist Church is organizing a special 60 voice children's choir and play for Easter Sunday. Music directors Brother Raymond Burell III, Sister Julianne Johnson-Weiss, and Brother Kenneth Berry

are looking for children and teens ages 4-14 to sing with them.

The four rehearsals will be Saturdays from March 5 to March 26, 10-11 a.m., with lunch served afterwards. Easter is March 27. There will also be a day set aside during the last week of February for the performers to come to the church and be fitted for special choir robes, robes that are

a gift to the Little Angels Junior Choir.

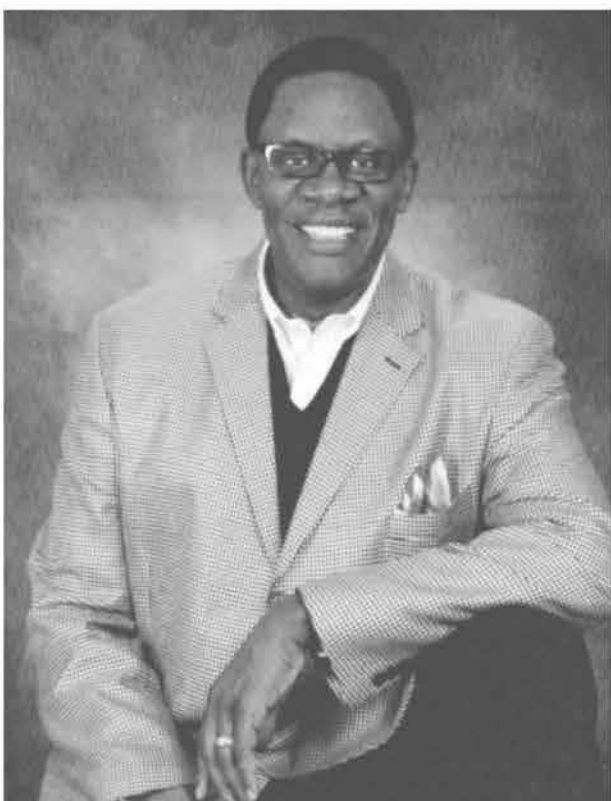
Vancouver Avenue First Baptist Church is located at 3138 N Vancouver Ave, and transportation from north and northeast Portland will be available for rehearsals.

Parents and guardians who are interested are asked to contact Raymond Burell III at 503-593-5285 or the church office at 503-282-9496.

Advertise with diversity in The Portland Observer

Call 503-288-0033

or email ads@portlandobserver.com



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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