



## Avalon Flowers

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We Offer Wire Services

# Exhibit Tells Story of Emmett Till

In 1955, Mamie Till, the grieving mother of Emmett Till, said she wanted the world to see what had been done to her son.

Sixty years later, the glass-topped coffin that displayed the mutilated body of the 14-year-old victim of racial hatred is among thousands of compelling artifacts slated for display in the Smithsonian's new National Museum of African American History and Culture in Washington, D.C.

Anticipation builds as the museum, opening in September, prepares to receive visitors from around the world. It will



The death of Emmett Till in 1955 shocked the nation.

tell the story of American history from an African-American perspective.

When the doors open, the three-floor, 400,000-square-foot facility will not only display ancient artifacts but also showcase more current events and how they fit into the continuum of American history.

"We want to be the place where people come and say, 'OK, this just happened. What's the background to this? What preceded this?'" says John Franklin, a museum director. So items from recent occurrences such as the Black Lives Matter campaign and the

20th anniversary of the Million Man March will be included.

The five-acre museum site, located on Constitution Avenue, between the Washington Monument and the National Museum of American History, will be the only national museum devoted exclusively to the documentation of African-American life, art, history and culture. Among the exhibits will be an underground gallery tracing artifacts from a sunken slave ship from the 1500s to the administration of President Barack Obama, America's first African-American president.

# 1480 KBMS

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### MONDAY - FRIDAY

12 Midnight - 3 A.M.  
MIKE SHANNON

3 A.M. - 7 A.M.  
TOM JOYNER

7 A.M. - 10 A.M.  
TONI TERRELL

10 A.M. - 1 P.M.  
REV. AL SHARPTON  
(KEEPING IT REAL)

1 P.M. - 3 P.M.  
KENNY SMOOV

3 P.M. - 7 P.M.  
D.L. HUGHLEY

7 P.M. - 9 P.M.  
PAPA SMURF

9 P.M. - 12 Midnight  
MIKE SHANNON

### SUNDAY

12 Midnight - 3 A.M.  
MIKE SHANNON

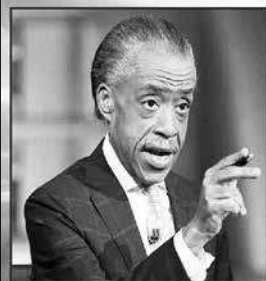
3 A.M. - 6 A.M.  
TOYA BEASLEY

6 A.M. - 12 NOON  
SUNDAY MORNING GOSPEL  
WANGELA

12 NOON - 1 P.M.  
HIGHLAND C.C. LIVE  
BROADCAST

1 P.M. - 4 P.M.  
PAPA SMURF

4 P.M. - 12 Midnight  
DOUGLAS WILLIAMS



Rev. Al Sharpton  
10am - 1pm



D. L. Hughley  
3pm - 7pm



Tom Joyner  
3am - 7am

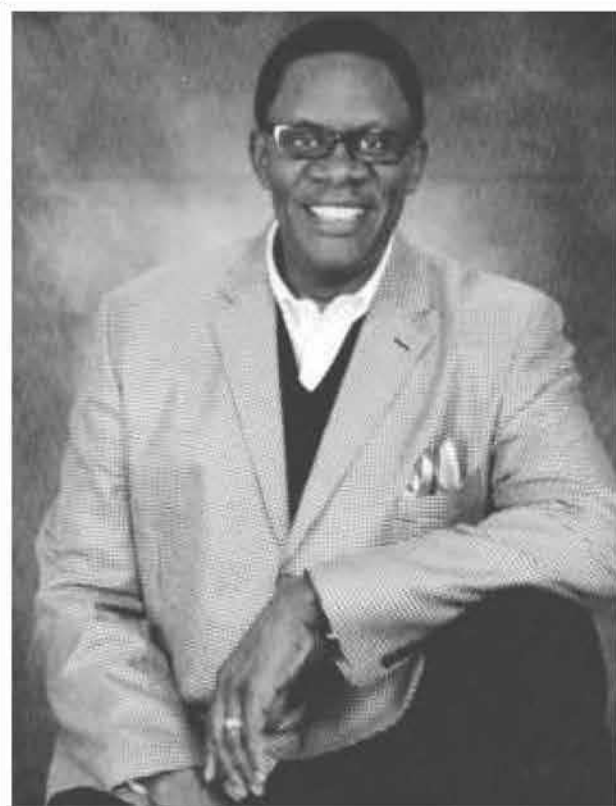
KBMS Radio  
1480 AM  
Portland's best music station

## AME Zion Food and Clothing Drive

First A.M.E. Zion Church is helping people in need by collecting donations of food and clothing.

Donations can be made at the church, located at 4304 N. Van-

couver Ave., each first Saturday of the month at 9 a.m. The next collection date is Saturday, March 5. "Our goal is to cloth and feed Portland one Oregonian at a time," a church leader said.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### PART 11. EXERCISE: Does it help low back problems, or only make them worse?

**Q:** A friend of mine showed me a series of exercises designed to help her low back problems. Is it all right for me to use them, too?

**A:** It would be enlightening to know the number of people with qualified back problems (fixation on the spinal joints) who are told they only need to exercise. They are given a brief exam and a sheet of stretching exercises to follow. They are led to believe nothing else need to be done. This is only incomplete therapy, it is also therapy that could

easily lead to very disastrous side effects. When we exercise and stretch muscles without removing the cause of the spasms, it actually forces the body to degenerate faster. You are better off to have done no exercising at all. In Chiropractic, we know the exercise is an important part of health, but only after Chiropractic care has removed the spi-

nal fixations that caused the problem in the first place. Then and only then can the spine be correctly stretched and strengthened without traumatizing muscles and nerves. For a safe, gentle accurate assessment of your spinal situation or for answers to any questions you might have about your health please call our office.

### Flowers' Chiropractic Office

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